LADIES AUXILIARY
V. F. W.

TERRY W. NELSON MEMORIAL POST 1267

VETERANS OF

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In Appreciation

A big thank you to all who gave recipes. Without which this cookbook could not have been put together. A special thank you to my committee: President Jane Hignight, Treasurer Bobbie Hawkins, and Eileen Scherer. You were there when I needed you. I opened my mouth and heard myself made chairman, but it really has been a pleasure. I hope you all add pounds along with me because I have to try them all.

This book is in appreciation of all the time and work Commander Steve Hignight and President Jane Hignight have given to the Post the last two years.

Helen McHarney
Cookbook Chairman

The men and women of Post 1267 hope you will like their cookbook.

Recipe For Happiness

Take a cup of kindness; add a dash of charity. Mix with understanding; add a bit of courtesy. Top it with patience. Sprinkle liberally with cheer. Serve generously to everyone you meet through the year.

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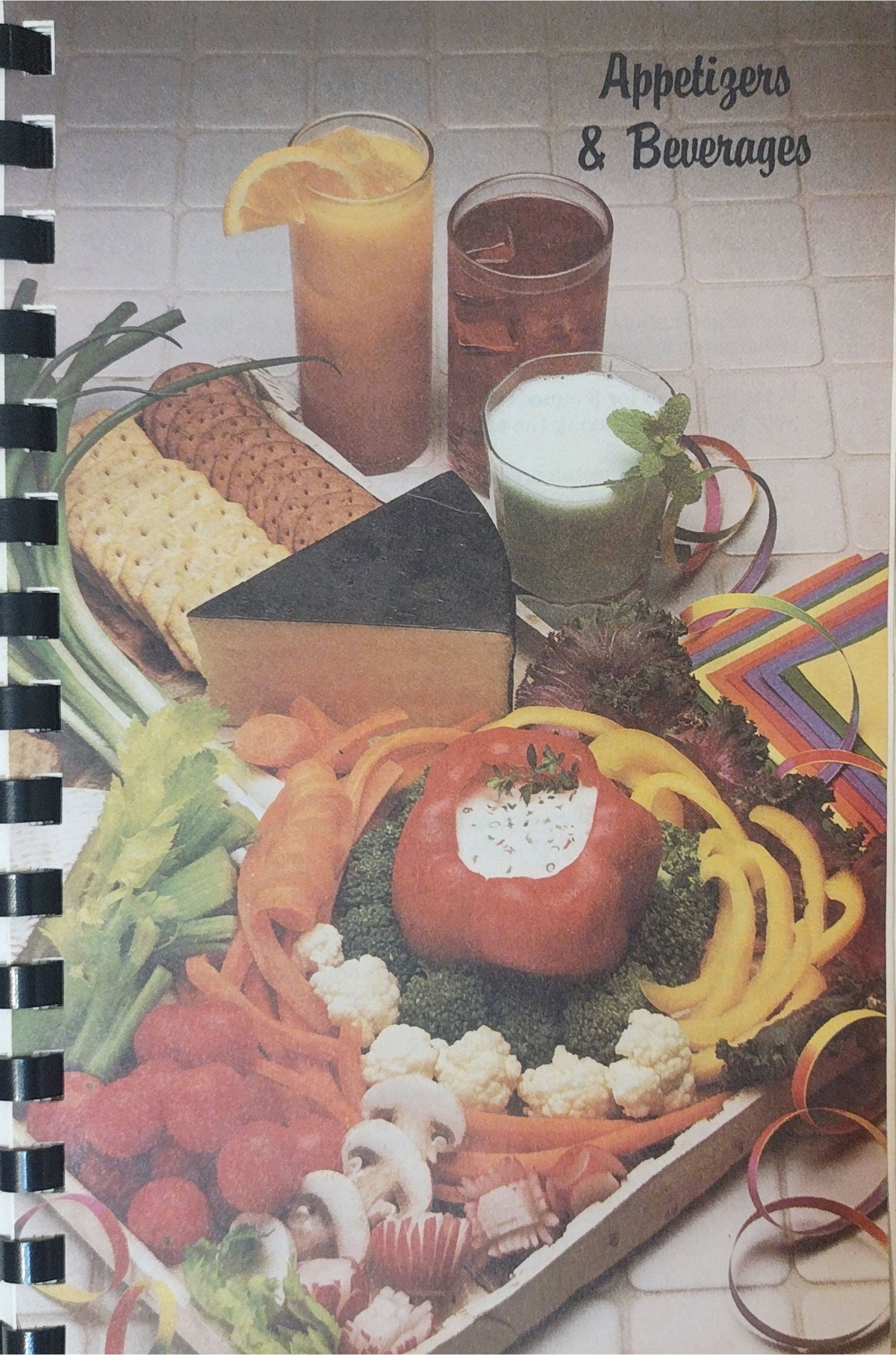
Appetizers & Beverages



Party Pleasers

You won't need sugar with your tea if you drink Jasmine tea or the lighter-bodied varieties like Formosa Oolong, which have their own natural sweetness. They are fine for sugarless iced tea, too.

Calorie-free club soda adds sparkle to iced fruit juices, makes them go further, reducing calories per portion.

Substitute half-and-half for light cream, you'll save 10 calories a tablespoon. 80 per half cup.

Most diets call for 8 ounces of milk, 4 ounces of fruit juice. Check your glassware. Having the exact size glass prevents overpouring.

Surprise! If you sweeten breakfast cereal with sugar, you may want to switch it to a pre-sweetened variety. Ounce for ounce, plain and pre-sweetened have about the same calories, so you save by not having to add sugar.

Seeds and nuts, both shelled and unshelled, keep best and longest when stored in the freezer. Nuts in the shell crack more easily when frozen. Nuts and seeds can be used directly from the freezer.

Always chill juices or sodas before adding to recipe.

When milk is slightly soured, add a pinch of soda and it can be used as fresh milk.

When possible, float blocks of ice in punch rather than ice cubes. This not only is more decorative, but also inhibits melting and diluting.

Try placing fresh or dried mint in the bottom of hot chocolate for a zesty taste.

One lemon yields about ¼ cup juice; one orange yields about ⅓ cup juice--this is helpful in making fresh orangeade or lemonade!

Never boil coffee; it brings out the acid and causes a bitter taste.

Store coffee in the refrigerator or freezer to retain the fresh flavor.

Cheeses should be served at room temperature (approximately 70 degrees).

When serving hors d'oeuvres on a silver tray, you may wish to protect it from acids by covering it with a layer of leafy green lettuce.

One quart of soup yields about six servings, unless it is the main course.

APPETIZERS & BEVERAGES

KAHLUA

Margarete Anderson

Boil 2 vanilla beans in 4 cups water 20 minutes.

Add to above:

8 c. sugar
4 oz. instant coffee (NOT FREEZE DRIED TYPE)

Let come to a boil - watch carefully because it may foam up - and boil for 10 minutes. Skim off foam and remove vanilla beans. Let it get cold, then add 1 1/2 fifths of brandy. Stir well and put in containers. Tastes like the real thing.

GALLIANO

Margarete Anderson

2 c. sugar
1 c. water
1 qt. cheap vodka
6 tsp. pineapple extract
3 tsp. vanilla extract
3 tsp. banana extract
1/2 tsp. anise extract
4-5 drops yellow food coloring

Mix sugar and water and bring to boil. Boil 5 minutes. Remove from heat and cool. Add vodka, all extracts and coloring. Stir until well blended. Can be used immediately. Makes 1 1/2 quarts. **Note:** All the extracts must have an alcohol base. Use for drinking or baking the famous galliano cake.

COFFEE LIQUEUR

3 c. sugar
3 c. water
3 1/2 T. instant coffee granules
1 qt. vodka
1 T. vanilla

Combine sugar, water and coffee granules in saucepan. Bring to boil; cover and simmer 10 minutes. Cool. Stir in vodka and vanilla. Pour into bottles. Cover with plastic wrap. Punch a couple holes in plastic. Store in cool, dark place 4 weeks. Then store in covered, airtight containers. Makes 6 cups.

ORANGE LIQUEUR

3 med. oranges
3 c. brandy
1 c. honey

Peel oranges. Cut rind in strips 2 x 1/4 inches. Combine orange rind and brandy in jar. Cover tightly. Let stand at room temperature 3 weeks. Remove rind; add honey. Let stand 3 days. Strain off clear portion and store in airtight container. Use cloudy portion in cooking. Yield: 3 cups.

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SLOUGH HOUSE COFFEE

Helen McHarney

1/2 oz. Bailey's cream
1/2 oz. Kahlua

Fill cup with strong coffee. Float Tuaca on top.

HELEN'S EGGNOG

Helen McHarney

1 qt. Crystal eggnog
1/2 pt. eggnog ice cream
1 c. whipping cream
1 pt. brandy
1/2 pt. whiskey

Mix together and put in refrigerator. Serve in glass and top with nutmeg. Sample often so it doesn't spoil!

VODKA SLUSH

Helen McHarney

1 (6-oz.) can frozen orange juice, thawed
1 (12-oz.) can frozen lemonade, thawed
2 (6-oz.) cans limeade, thawed
1/2 c. sugar
3 1/2 c. water
2 c. vodka
2 (32-oz.) lemon lime soda OR champagne

Combine all but lemon lime or champagne. Stir well and freeze for 8 hours. Spoon 3/4 cup frozen mixture in glass. Add 3/4 cup lemon lime or champagne. Makes 16 cups.

SPECIAL RUM PUNCH

3 oz. orange juice
2 oz. pineapple juice
2 oz. 151 proof rum
2 oz. grenadine
Dash ground ginger
2 1/2 oz. lime juice
3 oz. dark rum
2 oz. light rum
Dash bitters

Blend and pour over ice.

THE SLUG

Wayne La Due

7-oz. can chopped green chilies
16-oz. block Velveeta, at room temp.
8-oz. block cream cheese, at room temp.

Place Velveeta between two sheets of plastic wrap and flatten with a rolling pin until Velveeta is about 1/4 inch thick. Remove top sheet of plastic wrap. Spread cream cheese over Velveeta to edges. Spread chilies on top of cream cheese. Pick up one edge of plastic and roll cheese into a log. Place "slug" on serving platter and surround with crackers of your choice. I like Triscuit.

MARINATED VEGGIES

Eileen Scherer

2 lbs. carrots
1 med. onion
1 med. bell pepper
1/2 c. celery
1/2 c. oil
3/4 c. vinegar
1 tsp. dill weed
1 can tomato soup

Cook carrots; cool and slice. Slice other veggies. Combine soup, oil, sugar, vinegar and dill weed. Bring to boil. Pour over veggies. Refrigerate 24 hours.

MIXED UP COTTAGE CHEESE

2 pts. sm. curd cottage cheese
1 c. green chilies, seeded and chopped fine
1/4 c. chopped pimiento
1/2 c. chopped green onion
1/2 tsp. dill weed
Salt and pepper
6 med. tomatoes, peeled and chopped fine

Mix well and serve with tortilla chips.

PASSION FRUIT PUNCH

Margarete Anderson

1 sm. can peaches with juice
1 sm. can apricots with juice
1 (6-oz.) can frozen limeade
6 maraschino cherries plus the juice from the whole jar
6 or 8 oz. rum (use the limeade can full of the rum)

Put everything in a blender and blend until smooth. Add 10 ice cubes or use crushed ice to fill blender. Blend until smooth. Pour and **enjoy!!!**

WASHINGTON INDISCRETION

6 parts fresh orange juice
5 parts tequila
1 part coffee liqueur
Crushed ice and orange slices

Combine; pour over ice and float orange slice.

TURKISH DELIGHT

H. M.

2 env. gelatin
2 T. lemon juice
1/2 c. cold water
1 c. chopped nuts
2 c. sugar
1/4 tsp. salt
1/2 c. hot water
Grated orange rind
Red coloring
1/4 c. orange juice

Heat sugar, salt and hot water. Mix cold water and gelatin. Let stand five minutes. Add to hot syrup; stir to dissolve. Boil slowly 20 minutes. Remove from fire. Add orange and lemon juice and red coloring. Cool; add rind, nuts. Pour into 8 x 4-inch pan rinsed in cold water. Refrigerate overnight. Loosen edges with knife and

(continued)

turn out on board covered with powdered sugar. Cut in squares; coat with powdered sugar.

FINGER JELLO

H. M.

1st layer:

4 pkgs. lime Jello
3 env. Knox gelatin
4 c. boiling water

Mix well. Cool and add 2 ounces creme de menthe.

2nd layer:

4 env. Knox gelatin
3 pkgs. any flavor Jello
3 c. boiling water
1 c. heavy cream

Mix Jello, gelatin and water well. Cool and add cream; add 2 ounces orange liqueur. Mix well. Be sure first layer is set in an 8 x 8-inch pan, then pour second layer over first with care. When they are both set, cut in finger strips. Great with drinks.

CUCUMBER RING CANAPES

3 (3-oz.) pkgs. cream cheese, softened
2 T. mayonnaise
3 T. freeze-dried chives
1 1/2 T. minced fresh parsley
1/4 tsp. paprika
1 lg. cucumber, peeled and cored
1 (8-oz.) loaf sliced party rye bread

Combine first five ingredients; mix well. Place in a pastry bag and chill. Cut cucumber into ⅛-inch slices; drain well. Place one ring on each slice of bread. Pipe cream cheese mixture on each cucumber ring. Chill.

RUMAKI

12 chicken livers
12 water chestnuts
12 slices bacon
1/2 c. soy sauce
1/2 c. sherry
2 T. finely chopped onion
1 T. brown sugar
2 cloves garlic, minced
2 tsp. grated fresh gingerroot
1/4 tsp. hot sauce

Cut chicken livers, water chestnuts and bacon in half. Place chicken liver and water chestnuts in bacon strip. Roll up and secure with toothpick. Prepare marinade; pour over Rumaki 1 hour. Drain and broil until bacon is done.

PARTY BREAD

Helen McHarney

1/2 lb. cheddar cheese, grated
1/2 lb. Jack cheese, grated
Lg. can olives, chopped
6 green onions, chopped
4 hot peppers, chopped
1 clove garlic, minced

Mix well and spread on party rye or French bread.

SHRIMP DIP

Helen McHarney

1 c. chopped cooked shrimp
1/2 pt. sour cream
1/4 c. bourbon
1 tsp. chopped onion
1 tsp. chopped parsley
1/2 tsp. paprika
1/2 tsp. thyme
3/4 tsp. salt
1/4 tsp. pepper

Put all in blender until smooth. Chill. Serve with veggies or crackers.

TASTY SEASONED SPREAD

1/2 lb. Braunschweiger
1/4 c. finely chopped onion
1/4 c. chopped celery
3 to 4 T. sweet pickle juice
4 drops Tabasco sauce

Blend and whip together with fork. Serve in bowl with potato chips or wheat crackers or icebox rye.

QUICKIE DICE

Eileen Scherer

1/2 lb. Thuringer
Pickled onions or olives

Cut Thuringer in 1/2-inch cubes. Put onion or olive on toothpicks and then stick in Thuringer square.

PIZZA DIP

Ardy Jacobs

Heat one (16-ounce) can refried beans with 1/8 cup taco sauce. Line pizza pan with beans. Top with soft cream cheese, avocado dip, diced black olives, chopped tomatoes, chopped green onions with tops. Finish with shredded cheddar cheese. This is pretty for a party.

ARTICHOKE CHEESE SQUARES

Helen McHarney

2 (6-oz.) jars marinated artichoke hearts
1 sm. onion, minced
2 c. shredded cheddar cheese
4 eggs, beaten
6 saltine crackers, crushed

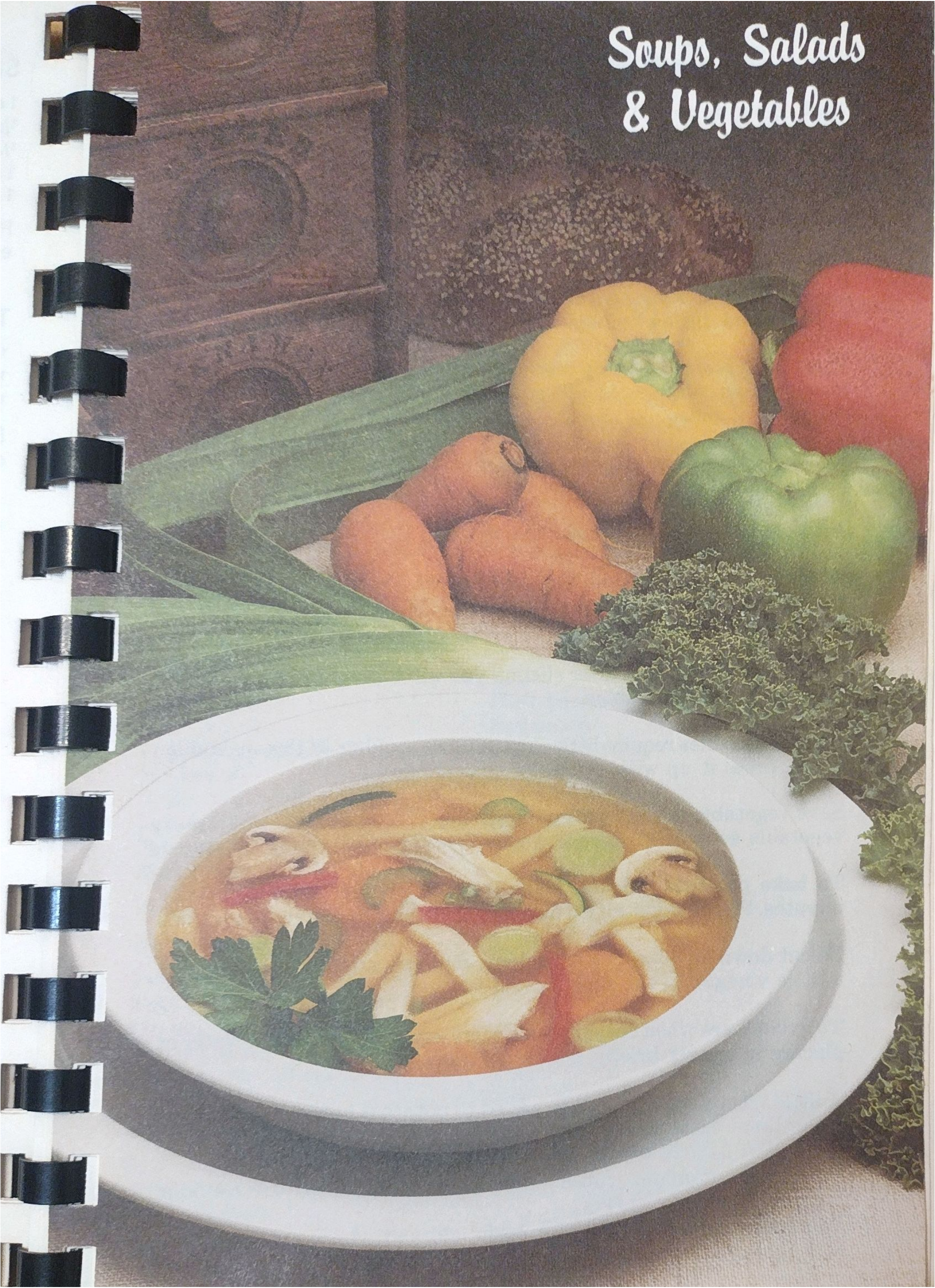
Drain hearts. Save 2 tablespoons of the marinade. Saute onion in marinade. Add rest of ingredients. Mix well. Pour into greased 8 x 8 x 2-inch pan. Bake at 325° 35 minutes. Cut into squares.

QUICK APPETIZER

Put a large cream cheese on serving plate. Pour over it one or two jars of crab cocktail or shrimp cocktail or combination of both. (Use the ones from the butcher shop.) Put crackers around plate. Very good and quick.

Recipe Favorites

Soups, Salads & Vegetables



Veggie Variables

Fresh lemon juice will remove onion scent from hands.

A few drops of lemon juice in potato water will whiten boiled potatoes.

To save money and vitamins: Pour all leftover vegetables and water they are cooked in and any leftover meat into a freezer container and when full add tomato juice, seasonings and have "free" soup for lunch. Vegetables left on a child's plate can be frozen, also as germs will be killed during boiling.

Three large stalks of cut-up celery added to about two cups of beans (navy, brown, pinto, etc.) will make them more easily digested, as will a bit of soda.

When cooking vegetables, remember to boil vegetables that grow above ground without a cover.

Allow ¼ teaspoon salt to each cup of water for cooking vegetables.

A lump of sugar added to water when cooking greens helps vegetables retain their fresh color. Vinegar or lemon juice (used sparingly) may also have the same effect.

Never soak vegetables after slicing; you will lose much of the nutritional value of vegetables.

Fresh vegetables require little seasoning or cooking. If the vegetable is old, dress it up with sauces or seasonings.

Save vegetable juices from cooking; they can be used for stockpot, vegetable soup or sauces. You may freeze it until ready to use.

To bake potatoes quickly, place them in boiling water for 10-15 minutes. Pierce skins with a fork and then bake in a preheated oven.

To cut down on odors when cooking cabbage, cauliflower, etc., add a little vinegar to the cooking water.

To avoid tears when cutting onions, try running under cold water or placing in freezer briefly before cutting.

A little vinegar or lemon juice added to potatoes before draining will make them extra white when mashed.

When cutting onions, rub hands with celery stalk to remove odor.

To avoid toughening beans or corn, add salt when cooking is halfway through.

SOUPS, SALADS & VEGETABLES

QUICK BROCCOLI SOUP

H. McHarney

1 (10-oz.) pkg. frozen chopped broccoli
1 (10¾-oz.) can cream mushroom soup
1½ c. milk
2 T. butter
⅛ tsp. pepper
1 c. shredded cheddar cheese

Cook broccoli in a large saucepan according to package. Drain well. Stir in remaining ingredients. Cook over medium heat, stirring constantly until heated. Four cups.

BORSCHT

1 (16-oz.) can whole beets, undrained
1 (10¾-oz.) can chicken broth, undiluted
1 (8-oz.) carton sour cream
⅛ tsp. white pepper
1½ tsp. lemon juice
2 T. chopped chives

Combine beets and broth in blender or food processor. Process until smooth. Combine beet puree, sour cream, pepper, and lemon juice. Stir well. Chill; sprinkle each serving with chives. 4 cups.

FRENCH MARKET SOUP

Mix together 1-lb. pkg. each of the following:

Navy beans
Black beans
Great Northern beans
Soybeans
Green split peas
Yellow split peas
Pearl barley
Garbanzos
Pinto beans
Red beans
Blackeyed peas
Lentils
Baby limas
Lg. limas
Kidney beans

Divide into 2-cup packages.

Method:

2 c. French Market Soup Mix
2 qts. water
1¼ tsp. salt
½ tsp. pepper
1 (16-oz.) can stewed tomatoes, undrained
1 lg. onion, chopped
1 lg. stalk celery, sliced
¼ c. lemon juice
1 bay leaf
1 chili pepper
3 cloves garlic
2 ham hocks

Sort and wash beans; place in Dutch oven. Cover with water 2 inches above beans and soak overnight. Drain beans; add 2 quarts water, next 3 ingredients and the bay leaf. Cover and bring to a boil; reduce heat and simmer 1½ to 2 hours. Add remaining ingre-

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dients and simmer 30 minutes, stirring occasionally. Remove ham hock and remove meat from bone. Chop meat and return to soup. Remove bay leaf before serving. **Dry mix makes a great little Christmas gift!**

NEW ENGLAND CLAM CHOWDER

2 (6-oz.) cans minced clams, undrained
1 sm. onion, chopped
4 slices bacon, coarsely chopped
4 med. potatoes, chopped
1 tsp. salt
1/4 tsp. pepper
2 T. cornstarch
4 c. milk, divided
2 T. butter

Drain clams and save liquid. Cook onion and bacon in Dutch oven until browned. Stir in clam liquid, salt, pepper, potatoes; cover and simmer until tender. Combine cornstarch and milk (1/4); add to potato mixture. Add butter, clams and remaining milk. Cook over low heat until thickened. Do not boil.

MANHATTAN CLAM CHOWDER

4 slices bacon, chopped
1 onion, chopped
2 stalks celery, chopped
1 clove garlic, minced
2 c. water
2 c. diced potatoes
1 (28-oz.) can whole tomatoes, undrained and chopped
1/2 tsp. salt
1/4 tsp. thyme
2 (6 1/2-oz.) cans minced clams, undrained
2 T. cornstarch

Cook bacon in Dutch oven until brown; add celery and garlic. Saute until tender. Add water and next four ingredients. Cover and cook on medium 20 minutes. Drain clams; save liquid. Add cornstarch to liquid; stir clams and liquid into vegetables. Bring to a boil and cook 1 minute until slightly thickened.

CREAMY SPINACH SOUP

1 lg. onion, diced
3 T. butter or margarine
1 med. potato, cut into quarters
1/4 c. diced ham
2 beef flavored bouillon cubes
1/4 tsp. salt
1/4 tsp. pepper
1/8 tsp. nutmeg
1 clove garlic, minced
1 c. water
1 (10-oz.) pkg. frozen chopped spinach, thawed, drained, OR 1 lb. fresh spinach, cooked and drained
3 1/2 c. half and half
Croutons
Grated Parmesan cheese

Saute onion in a Dutch oven. Add next eight ingredients. Bring to a boil; cover and reduce heat. Cook 15 to 20 minutes or until potatoes are tender. Stir occasionally. Combine potato mixture and

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spinach in a blender. Process until smooth. Return mixture to Dutch oven; stir in half and half. Cook over low heat, stirring constantly, until heated. Garnish each serving with croutons and sprinkle of cheese. 6 cups.

DRESSED UP TOMATO SOUP

2 or 3 T. fresh basil or parsley
2 T. Parmesan cheese
1 clove garlic, minced
1/8 tsp. fresh ground pepper
1 (10 3/4-oz.) can tomato soup, diluted

Wash basil or parsley well. Remove stems; drain. Put all but soup in blender and process until smooth. Combine soup and mixture in a saucepan and cook over medium heat until heated through. For creamier soup, dilute soup with cream or milk instead of water. Stir constantly. 3 cups.

MEAT BROTH

3 to 3 1/2 bones and scraps from beef, chicken and veal
1/2 c. loosely packed parsley
2 carrots, chopped
2 celery stalks, chopped
1 med. onion, sliced
2 med. tomatoes, chopped or 1 T. tomato paste
4 qts. water
1 T. salt

Put all but salt in large pot; bring to boil. Reduce heat to a simmer for two to three hours. Skim foam from top. Add salt. Strain and cool. Can be frozen. 2 to 2 1/2 quarts. Use for soup base.

CREAM OF POTATO & LEEK SOUP

6 to 8 c. meat broth
2 lbs. potatoes
1 lb. leeks
Salt and pepper to taste
1/2 c. whipping cream
2 egg yolks
1 T. chopped parsley
Parmesan cheese

Put peeled, chopped potatoes in beef broth. Trim and wash leeks; cut lengthwise. Cook over medium heat until tender. Puree vegetables in blender and return to broth; reheat. Beat egg and cream and add to hot soup. Stir in parsley and salt and pepper. Serve hot with toast and top soup with Parmesan.

CREAM OF PEANUT BUTTER SOUP

Helen McHarney

1 onion, chopped
2 ribs celery, chopped
2 qts. chicken stock or broth
2 c. peanut butter - creamy
1 3/4 c. cream
1/4 c. butter
3 T. flour

Saute onion and celery in butter. Stir in flour; add chicken broth and bring to a boil. Remove from heat and put through a sieve. Add peanut butter and cream. Heat well.

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JAMESTOWN POTATO SOUP

2 leeks
1 sm. onion, diced
1 T. butter
3 potatoes, diced
2 c. water
1 tsp. chicken base
1 c. hot milk
Butter and pepper

Wash and dice leeks. Saute with onion in butter. Add potatoes, water and chicken broth. Cook until potatoes are done. Add milk and season with butter and pepper.

AVOCADO DRESSING

1 egg
1/2 tsp. dry mustard
1/2 c. salad oil
1/4 tsp. hot sauce
Juice of 2 lemons
1 tsp. Worcestershire sauce
1/2 tsp. salt
1/2 tsp. white pepper
2 med. avocados, peeled
3 fresh shallots (tops only)
1 clove garlic, peeled and minced
1/2 c. mayonnaise
1/2 tsp. saffron

Combine egg and mustard; add oil and mix well. Add hot sauce, lemon juice, salt and pepper and Worcestershire. Mix well. Grind avocado and garlic into paste. Blend with other ingredients; add mayonnaise and saffron. Mix well and put into container; chill well. Serve over green salads. 1 1/2 pints.

BEER DRESSING

3/4 c. salad oil
1/2 c. beer
1 1/2 tsp. Worcestershire sauce
1 (10 3/4-oz.) can tomato soup
1/2 sm. onion, minced
1 clove garlic, minced
1 1/2 tsp. sugar
1 tsp. salt
1 1/2 tsp. prepared horseradish

Mix and chill.

NUT TREE MARSHMALLOW DRESSING

H. McHarney

1 c. sugar
2/3 c. light corn syrup
1/2 c. hot water
2 egg whites
Dash of salt
1/4 tsp. vanilla
1/4 c. mayonnaise
1 T. grated orange rind

Combine sugar, corn syrup and hot water; heat slowly. Stir until sugar is dissolved, then bring to a boil at 240°. Beat egg whites with salt; gradually add hot syrup. Beat until fluffy. Add vanilla and fold in mayonnaise and orange rind. Serve with fresh pineapple, strawberries or fruit salad.

HUBBLE HOUSE DRESSING

H. McHarney

1 c. Best Foods mayonnaise
1/2 c. Miracle Whip
1 can tomato soup
1 grated onion
2 cloves garlic
2 sweet pickles

Put all ingredients in blender; add 1 tablespoon sugar, 2 tablespoons chile sauce, 2 tablespoons prepared mustard, 2 tablespoons tarragon vinegar, 1 tablespoon sweet pickle juice. Blend well. Chop 2 sweet pickles fine and fold in. Store in one-quart jar.

TUNA HULA SALAD

H. McHarney

1 can chunk light tuna, drained and flaked (13-oz.)
1 c. chopped celery
1 bell pepper, chopped
3/4 c. cubed cheddar cheese
1/2 c. cashews or almonds, chopped
1 (8-oz.) can pineapple chunks, drained
3/4 c. mayonnaise
1 tsp. curry powder
2 T. chopped parsley

In a large bowl combine the first six ingredients; set aside. Blend mayonnaise, curry and parsley. Add to tuna and toss gently. Chill several hours before serving. Serves 6 to 8.

ORIENTAL SPINACH SALAD

5 c. bite-sized pieces spinach
1/4 c. sliced water chestnuts
3 green onions, thinly sliced
2 T. toasted sesame seeds

Toss with Ginger Soy Dressing.

Dressing:

2 T. vegetable oil
1 T. vinegar
2 tsp. honey
1 tsp. soy sauce
1/4 tsp. ground ginger

Put in a jar with lid and shake until well mixed. Pour over spinach salad and toss.

BOILED DRESSING FOR COLESLAW

D. M.

2 eggs
1/2 c. vinegar
1/4 c. water
1 tsp. salt
1 T. flour
2 T. sugar
1 tsp. dry mustard
Dash cayenne
2 T. butter
1/2 c. whipping cream

Beat eggs; add vinegar and water. Mix salt, flour, mustard, sugar and pepper. Add to eggs. Place in double boiler and cook. Stir to keep from lumping. When thick, add butter; cool. Add cream to right consistency.

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FRENCH DRESSING

D. M.

3/4 c. sugar
3/4 c. vinegar
1 1/2 c. oil
6 T. lemon juice
1 can tomato sauce
3 T. paprika

Put in screw top jar and shake well. Chill.

TOPAZ DRESSING FOR FRUIT SALAD

1 c. mayonnaise
1/4 c. coconut
1/2 c. heavy cream, whipped
2 T. honey
2 T. grated orange rind

Combine and chill. 2 1/4 cups.

COTTAGE CHEESE FRENCH DRESSING

1 c. creamy French dressing
1 T. honey
3 T. cottage cheese
1 T. parsley
1 T. chopped sweet pickle

Mix well; serve over lettuce or vegetable salad.

SPINACH SALAD

Cassie Lindsey

Make in layers in 1/13-inch pan:

1 lg. bunch spinach, cleaned and stemmed
1/4 lb. bean sprouts
6 lg. mushrooms or 12 sm.
1 sm. green pepper
1/2 c. frozen peas (do not cook)
4 or 5 strips crisp bacon

Cover bottom of dish with spinach, sliced mushrooms, green peas and sprinkle with bacon, then add another layer of spinach. Mix together 1 cup mayonnaise, 1/2 package dry Hidden Valley dressing; not too much, it may be too salty. Spread on top of spinach. Grate cheddar cheese over top, then grate 2 hard-cooked eggs on top. Then sprinkle with sunflower seed or sesame seeds that are toasted.

CARROT AMBROSIA SALAD

1 lb. carrots, shredded
1 (20-oz.) can crushed pineapple, drained
1 (8-oz.) carton sour cream
3/4 c. flaked coconut
3/4 c. golden raisins
2 T. honey

Combine all ingredients; toss well. Cover and chill. 6 to 8 servings.

BEST WALDORF SALAD

2 lg. red apples, unpeeled and diced
1 lg. green apple, unpeeled and diced
1/2 lb. seedless green grapes, halved
1/2 c. chopped pecans
1/2 c. diced celery
1/3 c. raisins
1/4 c. plus 2 T. mayonnaise

Combine all ingredients. Mix well. Chill. 6 to 8 servings.

SUNNY CANTALOUPE

Helen McHarney

2 med. cantaloupe, peeled and cut in 1-inch cubes
1/2 c. orange juice
1/4 c. galliano or Amaretto

Combine all ingredients and chill several hours or overnight. Put in stemmed goblets. Garnish with fresh mint. Serves 6 to 8.

JELLO BARBECUE SALAD

Eileen Scherer

1 (3-oz.) lemon Jello or orange-pineapple Jello
1 c. boiling water
1 can (8-oz.) tomato sauce
1 1/2 tsp. vinegar
1/2 tsp. salt
Pepper to taste

Dissolve Jello in boiling water. Add remaining ingredients. Pour into individual molds or a 3-cup mold. Chill until firm. Unmold on crisp salad greens. Top with mayonnaise. 4 servings.

MANDARIN SALAD

Helen McHarney

1/2 head lettuce, torn in bite-sized pieces
½ head butter lettuce or fresh spinach
2 stalks celery, chopped
6 green onions, chopped

Wash all and put in large Ziploc plastic bag. Refrigerate until ready to use. When ready to serve, add 1 can drained mandarin oranges.

Dressing:

1/4 c. vegetable oil
2 T. vinegar
1/2 tsp. salt
2 T. sugar
1 T. chopped parsley
Dash pepper
Dark red pepper sauce

Mix in jar and shake well. When ready to serve salad, pour dressing in bag of salad. Zip shut and shake well to coat. When put in bowl or dishes, sprinkle with slivered almonds. **Note:** I use onion coated almonds.

4518-89

COLE SLAW

From the Butlers
Baltimore, MD

1 head cabbage, shredded
1 sm. carrot, shredded
1 T. celery seed
1 can crushed pineapple, drained
1 c. salad dressing
Salt and pepper to taste

Dressing:

2 T. sugar
1 T. flour
1 tsp. salt
1 T. butter
1/2 c. salad oil
1/2 tsp. dry mustard
Dark Tabasco
1/2 c. vinegar
1/2 c. water
2 whole eggs

Mix dry ingredients with butter, vinegar and water. Cook until smooth. Add well-beaten eggs, salt and pepper and Tabasco. Add as much oil as it will hold.

PALACE ARTICHOKES

1 lb. shrimp, cooked and drained
Green Goddess dressing
4 lg. artichokes, cooked and chilled
Lemon wedges
Lettuce leaves

Mix shrimp and dressing. Fill all cavities of artichokes. Put dressing on top. Serve on lettuce leaf.

EDEN SALAD

Helen McHarney

1 c. dried figs
1 c. diced apples
1/2 c. diced celery
French dressing
Lettuce
Mayonnaise

Boil figs five minutes in enough water to cover. Drain and cut in strips. Combine figs, apples and celery. Add enough French dressing to moisten. Serve on lettuce; top with mayonnaise. 4 servings.

AVOCADO GRAPEFRUIT SALAD

Helen McHarney

1 sm. pkg. lime Jello
1 c. boiling water
1 can grapefruit
1 ripe avocado

Pour boiling water over Jello. Add enough grapefruit juice to water for another 3/4 cup; pour over Jello and boiling water. Stir until dissolved. Rinse 6 molds in cold water, then divide avocado and pieces of grapefruit in molds. Pour Jello over fruit. Refrigerate until set. Unmold on lettuce. **Topping:** Whip 1 cup whipping cream until very stiff. Squeeze fresh orange juice into cream until it is

(continued)

just thick enough to run down sides of mold. Like snow on a mountain.

HAWAIIAN COLESLAW

1 (11-oz.) can mandarin oranges, drained (reserve liquid)
4 c. shredded cabbage
1/2 tsp. salt
1/4 tsp. ground ginger
1/4 tsp. ground nutmeg
1/4 tsp. white pepper
1 c. drained, crushed pineapple
1/2 c. mayonnaise or tart dressing

Combine 1 tablespoon mandarin orange liquid, cabbage, salt, spices and pepper. Toss lightly with a fork. Stir in dressing or mayonnaise. Chill well. Add orange slices and pineapple. Toss well and serve. 6 servings.

CUCUMBER SLICES IN SOUR CREAM

2 1/2 c. cucumber slices
1 tsp. salt
1/2 c. sour cream
1 T. vinegar
1 or 2 drops Tabasco
2 T. chopped chives
Dash pepper
2 T. chopped olives

Sprinkle slices with salt. Let stand 30 minutes. Drain well. Mix rest and pour over cucumbers. Chill well. Top with olives.

TAMI'S SALAD

Tami Howard

1 pkg. orange Jello
1 (4-oz.) sm. curd cottage cheese
1 sm. La Creme topping
1 or 2 sm. cans mandarin oranges

Drain orange segments and cut in half. Mix dry Jello with cottage cheese; stir in orange segments and La Creme topping. Chill about one hour. Excellent for summer barbecues.

TOMATO SALAD

4 lg. ripe tomatoes
Salt and freshly ground pepper
8 to 10 fresh basil leaves
1/4 c. olive oil
Parmesan

Wash and dry tomatoes; cut into slices or wedges. Place in salad bowl. Season with salt and pepper. Tear basil leaves into pieces and add to tomatoes. Add oil and toss gently. Serve chilled, topped with Parmesan if desired.

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GRANDPA WAYNE'S SLAW

Wayne Mendes

For 4:

2 c. finely shredded red cabbage
1 c. finely shredded green cabbage
1 sm. finely chopped onion (yellow or red)
2 c. finely shredded tart apple
1/2 to 1 T. horseradish

Dressing:

1/3 c. honey
1/3 c. white wine vinegar
3/4 c. salad oil
Dash salt
Dash fresh ground pepper

Put cabbage, onion and apple in a large bowl. Toss lightly. Add horseradish. **For Dressing:** Combine honey, vinegar, oil and spices in screw top jar. Shake until dissolved. Pour dressing over cabbage and mix well. Cover and refrigerate at least one hour. Toss before serving.

WAYNE'S SALAD DRESSING

Wayne Mendes

1/4 c. catsup
1/4 c. red wine (Gallos)
1/4 c. white vinegar
3/4 c. salad oil
1 T. prepared mustard
1/2 tsp. salt
1 T. Worcestershire sauce or soy sauce
1 T. brown sugar
Dash onion salt or 1/2 tsp. onion juice
1 tsp. lemon juice
1 clove garlic

In a screw top jar mix all but garlic. Shake well. It will separate easily. Add garlic and chill. For creamy dressing put all but garlic in blender. Blend well; add garlic and refrigerate.

WAYNE'S PARTY BEAN SALAD

Wayne Mendes

2 (16-oz.) cans kidney beans
1 (16-oz.) can cut green beans
1 (16-oz.) can yellow wax beans
1 (16-oz.) can garbanzo beans
2 (16-oz.) cans pinto beans
1 c. pitted whole black olives
1 (12-oz.) jar or can artichoke hearts
1 (4-oz.) jar pimiento
2 pkgs. Italian salad dressing mix (mix as per pkg. except use white wine, not water)
1 c. sliced fresh mushrooms (opt.)
1 c. diced fresh onion (opt.)
2 slices American or Swiss cheese (opt.)
Cheddar cut in 1/2-inch cubes may be used
Mrs. Dash

Open all cans; drain and wash. Place in large salad bowl. Cut artichoke hearts into bite-sized pieces. Add to beans with juice. Add pimiento with juice. Add onion and mushrooms. Add dressing,

(continued)

sprinkle with Mrs. Dash; mix well. Add cubes of cheese. Refrigerate at least two hours.

HELEN'S TOMATO SHRIMP ASPIC

1 can tomato soup and 1 can water brought to a boil. Add 1 package lemon Jello and 1 teaspoon vinegar or lemon juice. Remove from heat and set aside. In 6 molds divide 1 can cleaned and rinsed shrimp. Add chopped celery, chopped green pepper and chopped green onion. When molds are 3/4 full, pour soup over top to fill. Refrigerate to set. Unmold on lettuce and top with mayonnaise and a stuffed olive.

SAN FRANCISCO BEAN SALAD

Eleanor Blue

4 slices bacon
1 c. onion, thinly sliced
1 c. fresh mushrooms, sliced
1/2 c. reserved bean liquid
1 T. soy sauce
1 T. wine vinegar
2 T. cornstarch
1 T. honey
1/4 c. slivered blanched almonds

Fry bacon until crisp; set aside. Drain off all but 2 tablespoons drippings. Saute onion and mushrooms until just tender, but crisp. Add drained beans to skillet. Blend bean liquid, soy sauce, vinegar, cornstarch and honey. Pour into skillet and cook over low heat until sauce thickens slightly. Add slivered almonds and stir. Place in serving dish and top with crumbled bacon.

GAZPACHO SALAD MOLD

Helen McHarney

2 env. unflavored gelatine
1 can (1 pt. 2-oz.) tomato juice
1/2 c. red wine vinegar
1 tsp. salt
Several drops Tabasco
2 sm. tomatoes, peeled and diced (1 c.)
1 med. cucumber, pared and diced (1 c.)
1/2 med. green pepper, diced (1 c.)
1/4 c. finely chopped red onion
1 T. chopped chives
2 lg. ripe avocados, sliced
Lemon juice
1/3 c. bottled oil and vinegar dressing
Watercress

In a medium saucepan sprinkle gelatine over 3/4 cup tomato juice to soften. Place over low heat, stirring constantly, until dissolved. Remove from heat. Stir in remaining tomato juice, vinegar, salt and several drops Tabasco. Set in bowl of ice. Stir occasionally, until the consistency of unbeaten egg white. Fold in tomato, cucumber, green pepper, red onion and chives. Mix well and put in fluted mold (1 1/2-quart) that has been rinsed in cold water. Refrigerate until firm, about 6 hours. Unmold and put sliced avocados sprinkled with lemon juice around mold. Garnish with watercress. 6 servings.

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RASPBERRY PINEAPPLE SALAD

Dan Howard
Danny and the Do Do's

1 can crushed pineapple
1/2 lb. mini marshmallows
1 (8-oz.) cream cheese
1 (8-oz.) heavy cream, whipped
1/2 c. mayonnaise
1 (3-oz.) pkg. lemon Jello
1 (3-oz.) pkg. raspberry Jello

Drain pineapple; put juice in pan and bring to a boil. Add marshmallows and stir until melted. In a large bowl put lemon Jello and one cup boiling water to dissolve. When cool, add pineapple/marshmallow mixture with cream cheese, whipped cream and mayonnaise. Beat together. Put in decorative bowl and refrigerate to set. Add one cup boiling water to raspberry Jello to dissolve. Add raspberry juice from can or frozen package raspberries. Cool; add berries. Slowly pour over pineapple marshmallow mixture. Refrigerate until set.

AIRPORT SALAD DELUXE

1/2 head lettuce, broken into bite-sized pieces
1 sm. can garbanzo beans, drained
1/2 of an 8-oz. can red kidney beans, drained
1 sm. can tuna, drained and flaked
2 tomatoes, cut in wedges
2 hard-cooked eggs, sliced
Salt and pepper

Toss and chill.

Dressing:

1/4 c. mayonnaise
1/4 tsp. Worcestershire sauce
1 1/2 tsp. catsup
1 T. oil
1 tsp. vinegar

Mix well and pour over salad.

CHEESE SALAD RING

In double boiler put 3 packages cream cheese and 1 can tomato soup. Stir until cheese is melted; remove from fire. Stir in 2 tablespoons Knox gelatin dissolved in 1/2 cup water. Cool. Add 1 cup mayonnaise, 1 tablespoon grated onion, 2 hard-cooked eggs, chopped, 1 cup celery, chopped. Fold together and pour into a ring mold and refrigerate to set. Unmold and fill center with avocado or tomatoes that have been chopped.

SEVEN CUP FRUIT SALAD

Helen McHarney

1 c. pineapple chunks, drained
1 c. mandarin oranges, drained
1 c. maraschino cherries, drained and cut in half
1 c. coconut, shredded
1 c. macadamia nuts, chopped
1 c. tiny marshmallows
1 c. sour cream

Mix and chill. Serves 10.

MOLDED CABBAGE SALAD

Helen McHarney

1 (3-oz.) pkg. lime Jello
1 c. boiling water

Add Jello and 10 cut-up marshmallows in boiling water; stir until dissolved. Add 1 cup finely chopped cabbage, 1 cup crushed pineapple, drained, 1/2 cup chopped walnuts and 3/4 cup mayonnaise. Chill until about like the white of an egg. Fold in one (5-ounce) can of milk that has been whipped stiff. Refrigerate until firm. (To whip canned milk, refrigerate overnight.)

SAUERKRAUT SALAD

Jane Hignight
Aux. President

1 qt. sauerkraut, drained
2 c. celery, cut fine
1 lg. carrot, cut fine
1 green pepper, cut fine
1 1/2 c. sugar
1/2 c. vinegar
1/8 c. salad oil
1 onion, chopped fine

Mix well and refrigerate for 24 hours. Very good.

TOP RAMEN SALAD

Jane Hignight
Aux. President

2 1/2 c. cooked chicken, chopped
2 T. sunflower seed, toasted
3 oz. slivered almonds, toasted
2 1/2 c. chopped cabbage
4 green onions, chopped
1 pkg. Top Ramen chicken (reserve flavor pkg.)

Mash the noodles. Do not cook. Combine all ingredients, then add the following dressing. Refrigerate 24 hours or overnight.

Dressing:

1 pkt. Ramen seasonings
1 T. sugar
1/2 tsp. salt
1/2 tsp. pepper
1/2 tsp. Accent
2 T. white vinegar
1/2 c. peanut oil

SAUERKRAUT SALAD

Margarete Anderson

1 qt. sauerkraut, well drained
2 c. celery, diced
1 green bell pepper, diced
1 med. onion, diced
1 can pimiento, chopped
1 c. sugar
1/2 c. vinegar
1/3 c. salad oil

Break up sauerkraut; rinse well and drain. Boil vinegar, sugar and oil together for two minutes. Cool and combine remaining ingredients. Cover with vinegar mixture. Let stand several hours or overnight. Keeps well. You may also add a few drops of Tabasco sauce if desired. **Note:** They used to bring this to office parties and it always disappeared.

GREEK SALAD DRESSING

Margarete Anderson

Use same amt. vinegar and olive oil
1 tsp. sugar for each serving
1/2 tsp. lemon juice for each serving

Beat lemon juice, sugar and olive oil and the vinegar. Add garlic powder or crushed cloves, oregano, salt and pepper as desired. **Note:** This was given to me by a Greek cousin who is in the restaurant business in Chicago.

FOUNDATION FOR MOLDED SALADS

Margarete Anderson

1 env. Knox gelatine
1 c. hot water
1/2 tsp. salt
1/2 c. cold water
1/3 c. sugar
1/4 c. vinegar

Pour cold water over gelatine; add hot water. Stir until dissolved. Let set slightly. Add fruit or vegetables or cottage cheese, shredded cheese, to make salad of your choice. Fruit juice can be used for part of the water. Use a little less water to fold in cottage cheese or whipped cream. This is a base for any salad.

TUNA LIME JELLO SALAD

Ardy Jacobs

1 pkg. lime Jello
1 can tuna
1/4 c. chopped ripe olives
1/2 c. chopped stuffed olives
1 T. grated onion
1/4 c. chopped green pepper
2 pineapple slices, cut up
1/2 c. chopped celery

Dissolve Jello in 1 cup boiling water; add 1 cup cold water. Add rest of ingredients and place in refrigerator until set.

BEET PINEAPPLE SALAD

Ardy Jacobs

2 c. crushed pineapple juice and juice from 1-lb. can of beets and water to make 3 c.

Add:

1/4 c. sugar

2 T. apple cider vinegar

Bring to a boil and pour over 6-ounce package of raspberry or strawberry Jello. Cool slightly and add crushed pineapple (large) and julienne beets. Chill.

OVERNIGHT FRUIT SALAD

Helen McHarney

Dressing:

1 egg
2 T. vinegar
2 T. sugar

Put in double boiler; beat over hot water until thickened like custard. Remove from heat and add 1 tablespoon butter; cool.

1 lg. can fruit cocktail, drained
1 lg. can crushed pineapple, drained
1 can mandarin oranges, drained
1 can pineapple bits, drained
1/2 pkg. sm. marshmallows
1/2 pt. whipping cream, whipped

Fold whipped cream into dressing and be sure fruit is well drained. Fold dressing into fruit and refrigerate overnight.

FRUIT SALAD

1 lg. Cool Whip
1 pt. cottage cheese
1 can drained crushed or chunk pineapple
1 pkg. orange or lime Jello
1/3 pkg. coconut

Sprinkle Jello over Cool Whip (dry from package). Add rest and fold until well mixed. Serve at once.

CARROT CASSEROLE

Jane Hignight
Aux. President

3 c. carrots, peeled and cut
10 soda crackers, crushed
2 T. minced onions
2 T. butter, melted
1/2 tsp. salt
1/8 tsp. pepper
Dash celery salt
1/2 c. shredded cheddar cheese

Boil carrots in salted water until done. Drain and reserve 2/3 cup liquid. Mash carrots; stir in crackers, onion, butter, salt, pepper and celery salt. Add reserved liquid. Put in greased casserole; cover with shredded cheese and bake in 450° oven for 15 minutes.

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ZUCCHINI PANCAKES

2 c. zucchini, grated
1/4 c. minced onion
1/2 tsp. baking powder
1/4 tsp. oregano
2 eggs, beaten
1/2 c. flour
1/2 tsp. salt
Oil

Press water out of zucchini. Mix onion and egg in a bowl. Combine dry ingredients and add to egg mixture. Add zucchini and stir well. Heat oil in skillet and drop by spoonfuls and fry on both sides until brown. For those who like garlic, add garlic powder. Small ones make good appetizers.

STUFFED CABBAGE

Sarah Koon

1 lb. ground beef
1/2 c. uncooked rice
2 beaten eggs
1/8 tsp. salt
1/4 tsp. garlic powder
1-lb. can sauerkraut
1 sm. grated potato
1 lb. can stewed tomatoes
1 lg. head cabbage

Steam or cook cored cabbage until leaves are loose. Prepare meatballs, beef, rice, eggs, pepper, salt and garlic powder. Place in bottom of cabbage leaf. Line a large pot with extra leaves if any remain. Place rolled meatballs in sauce mixture. Cook on top of stove for 2 hours at low heat.

GULLIVER'S CORN

Eileen Scherer

1-lg. pkg. frozen corn
12 oz. whipping cream
1 1/2 T. butter
1 1/2 T. flour
Dash sugar and salt
3 T. Parmesan cheese

Combine all ingredients and bring to a boil over medium heat. Pour into 1-quart casserole. Sprinkle with more Parmesan and broil until brown. (This is great.)

CRISPY EGGPLANT FINGERS

1 med. eggplant
2/3 c. fine dry bread crumbs
1/3 c. grated Parmesan cheese
1/2 tsp. salt
1/2 tsp. celery salt
1/4 tsp. pepper
2 eggs
2 T. milk
Vegetable oil

Peel eggplant; cut into finger-sized pieces. Combine next five ingredients; stir well. Combine eggs and milk. Stir well. Roll eggplant strips in bread crumbs, then in egg mixture and roll again in bread crumbs. Fry in hot oil (375°) until golden brown. 6 servings.

POTATOES FLORENTINE

Helen McHarney

3 lg. potatoes, thinly sliced
1 med. onion, sliced
1 pkg. frozen chopped thawed spinach, drained
¾ c. Bisquick
1¾ c. milk
½ c. shredded cheddar
2 eggs
¾ tsp. salt
½ tsp. Italian seasoning
⅛ tsp. pepper

Heat oven to 350°; grease 12 x 7½ x 2-inch pan. Layer potatoes, then onion. Mix rest and pour over potatoes. Bake until potatoes are tender, about 35 minutes.

GREEN BEANS SPANISH STYLE

Helen McHarney

In a large skillet simmer 2 minced garlic cloves and 1 onion, chopped, until limp. Add 1 pound green beans, cut in one-inch pieces (diagonally), 1 pound tomatoes, peeled, seeded and chopped, 1 cup chicken stock, ¼ cup dry sherry and simmer, covered, for 15 minutes. Add 1½ teaspoons salt and pepper. Add green pepper, seeded and sliced, 1 pound green peas, shelled (more may be needed). Cook 5 minutes or until tender. Add 2 slices pimiento and ½ cup sliced stuffed olives. Stir well.

ZUCCHINI PANCAKES

Wayne Mendes

Choose small, tender-skinned zucchinis for eight pancakes.

1 med. zucchini, shredded (about 2 c.)
2 T. chopped onion
2 T. flour
¼ tsp. salt
¼ tsp. oregano
Dash of black pepper
1 T. chopped parsley
1 egg, beaten
Butter for frying
Parsley for garnish

Put zucchini and onion in a small bowl; sprinkle with flour, salt, oregano, pepper and parsley. Mix in beaten egg. Drop about ¼ cup batter on hot, buttered skillet. Do not crowd. Cook on medium heat, 2 to 3 minutes each side. Arrange on platter; garnish with parsley. Serve at once.

TO ADD FLAVOR TO CANNED VEGETABLES

Wayne Mendes

1 med. onion, diced
1 med. mushroom, finely chopped
1 tsp. Mrs. Dash or any seasoning
Dash white pepper
2 T. oil, margarine or butter

In saucepan, simmer onion in oil until tender. Add mushrooms and spices; simmer 5 minutes. Add any single vegetable or combination of vegetables.

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Sweet corn and lima beans
Green beans and wax beans
Green beans and stewed tomatoes
Wax beans and stewed tomatoes
Stewed tomatoes and okra
Whole tomatoes and any other vegetable

TURNIP GREENS WITH TURNIPS

2 lbs. fresh turnip greens
6 slices bacon, chopped
4 c. water
3 med. turnips, peeled and diced
1 T. sugar
1/2 tsp. salt

Wash greens and drain. Cook bacon in Dutch oven until browned. Drain bacon and set aside. Put drippings aside. Put greens and water in Dutch oven with some of the drippings; cover and simmer 20 minutes. Stir in turnips, sugar and salt; cover and cook another 20 minutes. Put in a serving dish and sprinkle with bacon. 6 servings.

EASY EGGPLANT

Wash and slice eggplant. Spread mayonnaise on eggplant and lay on cookie sheet, mayonnaise side down. Spread top side with mayonnaise; sprinkle with salt and pepper and bake at 350° for 10 to 15 minutes or until tender when tested with fork. Sprinkle with Parmesan cheese. Bake until cheese is golden.

CELERY STIR-FRY

1 sm. bunch celery, washed and sliced diagonally, 1/4 inch thick
3 T. butter
2 green onions with tops sliced
1 (2-oz.) jar diced pimiento
1/4 c. roasted cashew nuts
1/4 tsp. salt
1/8 tsp. pepper

Saute celery in butter until crisp-tender. Stir in remaining ingredients and stir-fry until tender. 4 servings.

COGNAC CARROTS

Helen McHarney

1 lb. carrots, peeled and thinly sliced
1/2 c. butter (1 stick)
1 T. sugar
2 T. cognac
1/2 tsp. salt
1/4 c. finely chopped pecans

Preheat oven to 350°. Place sliced carrots in a 2-quart flat baking dish. Combine melted butter, sugar, cognac and salt. Pour over

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carrots. Cover and bake at 350° for 45 minutes, until tender but not brown. Sprinkle with nuts. Serves 4.

SPECIAL CAULIFLOWER

Cook one head cauliflower until tender. Drain.

Make a white sauce:

6 T. butter
8 T. flour
1 tsp. salt
1/4 tsp. pepper
2 c. milk

When cooked, thick and smooth, add one can shrimp, drained and rinsed. Put cauliflower in serving bowl and pour white sauce with shrimp over top.

BAKED CABBAGE

Helen McHarney

1 head cabbage
2 tsp. butter
2 eggs
1 c. milk
Salt and pepper
1/2 c. grated cheddar cheese

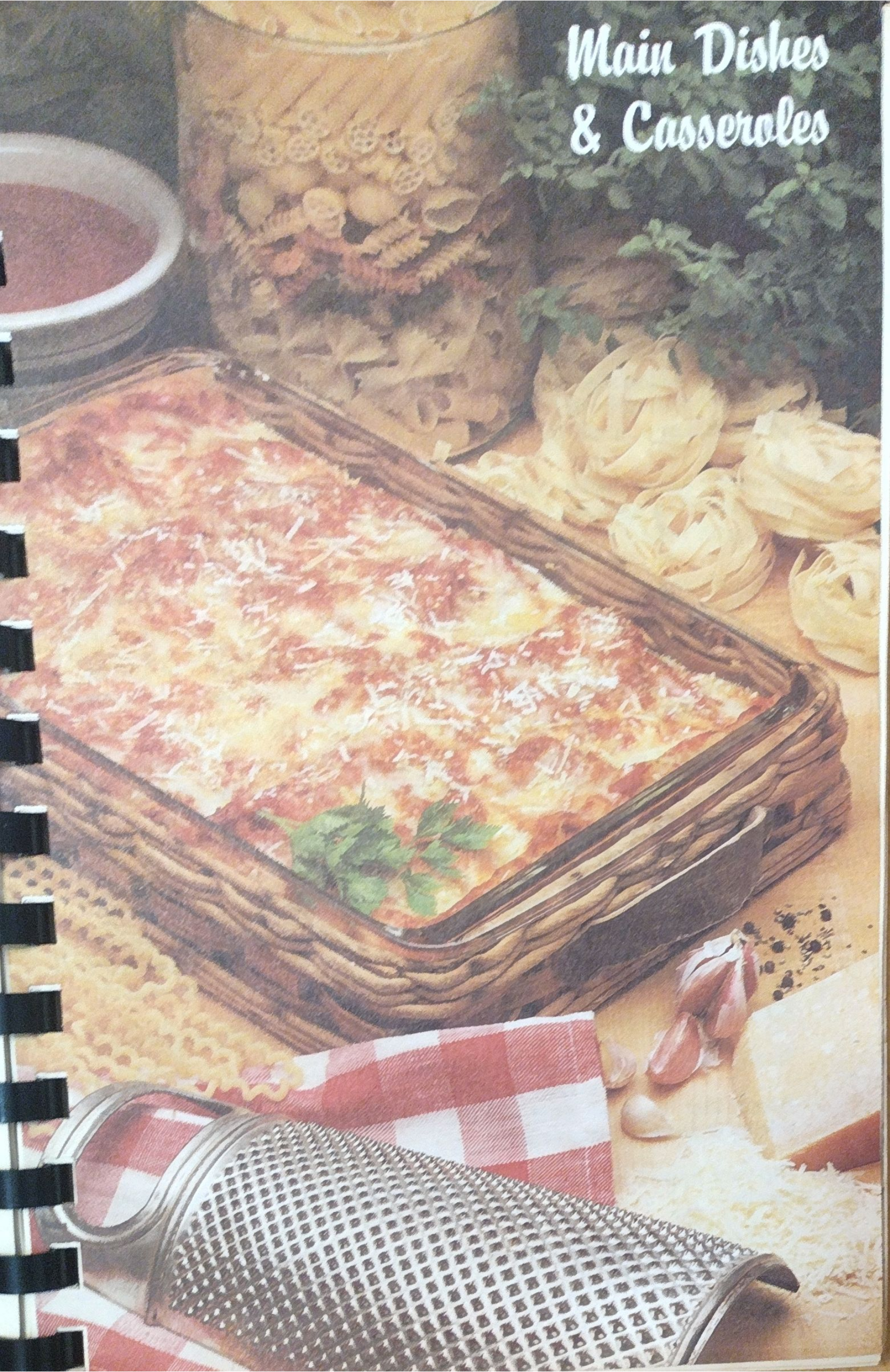
Wash and shred cabbage. Cook in salted, boiling water 5 minutes; drain. Add butter; put in greased casserole. Beat eggs; add milk, salt and pepper. Pour over cabbage. Sprinkle with cheese. Bake 30 minutes at 250°. Serves six.

HELEN'S FRIED CARROTS

Helen McHarney

Peel and slice two carrots for each person you plan to serve. (They are great leftover.) When carrots are done, drain well. For six servings, chop four strips of bacon and fry until almost done. Chop or mince two cloves of garlic for each four slices of bacon. Fry with bacon until both are done. If too much bacon grease, drain off a little. Leave about two tablespoons full. Dump carrots in and salt and pepper. Fry until all carrots are coated.

Main Dishes & Casseroles



Main Dish Mentionables

Make frying seafood easy. There is a product called " Golden Dipt Fish Coating" available at grocery stores that makes coating fish easy. This product is used by most restaurants and it is quick and easy. Just follow directions.

To keep meat moist and flavorful when reheating it - without adding extra fat - place a lettuce leaf in the bottom of a casserole, put meat on lettuce, then cover with another lettuce leaf. Add a little water to the bottom of the pan and heat at 350° until meat is hot.

Bringing home the bacon: Keep bacon slices from sticking together by rolling the package into a tube shape and securing it with a rubber band before refrigerating.

Stopping the splattering: To keep hot fat from splattering, sprinkle a little salt or flour in the pan before frying.

Juicier burgers: Add one stiffly beaten egg white to each pound of hamburger. Or, make patties with one tablespoon of cottage cheese in the center.

No more fowl play: Defrost frozen chicken by soaking in cold water that's been heavily salted. Meat will be pure white and very flavorful.

After cooking, small roasts should sit for 10-15 minutes before carving, a large roast should sit for 20-30 minutes.

A fork should never be stuck in meat while frying or grilling as it punctures the meat and lets the juices out. Use tongs.

Thaw meats in the refrigerator so as not to lose juices.

Spray your barbecue grill with vegetable oil to prevent sticking.

Instant potatoes are a good thickening for stews.

Bacon that has been fried and drained crisp can be frozen in foil; reheat in toaster oven to crisp.

Dip your fingers in water to prevent meatballs from sticking to your hands.

Meat loaf can be cooked in individual muffin pans in half the normal baking time.

MAIN DISHES & CASSEROLES

SPECIAL CASSEROLE

Kae Schaefer

1 med. onion
2 med. bell peppers
1 can tuna
1/2 lb. cheddar cheese
1 lb. sm. shell macaroni
1 can pitted olives
1 (16-oz.) can Las Palmas sauce
1 sauce can of water

Saute onion and peppers until tender. Add Las Palmas and water. Cook macaroni until tender. Drain and put in 2-quart casserole. Add simmered sauce and olives. Stir well. Grate cheese over top. Bake in 350° oven 20 minutes or until bubbly. Serve with green salad and garlic bread.

POTATO CASSEROLE

Cassie Lindsey

6 or 7 boiled potatoes with jackets

Cool, peel and dice. Place in a buttered baking dish. Saute 1 large onion or green onions in 1/2 cube butter.

Add:

1 can cream of chicken soup
1 pt. sour cream
1 1/2 c. shredded cheddar cheese

Mix well and pour over potatoes. Bake at 350° for 45 minutes.

VEGETABLE CASSEROLE

Helen McHarney

1 box frozen chopped broccoli
1 box frozen chopped cauliflower

Cook and drain well. **Note:** I cook fresh broccoli and cauliflower together. Drain and chop.

1/2 chopped onion
1 can mushroom soup
2 eggs, beaten
1/2 c. mayonnaise
Salt and pepper to taste

Mix together and put in buttered casserole.

Topping:

1 c. shredded cheddar cheese
1 c. crushed Ritz crackers
1/4 c. melted butter

Mix cheese and crackers and put on top of casserole. Melt butter and drizzle over top. Cover and bake at 350° for 40 minutes.

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COMPANY CASSEROLE

Helen McHarney

2½ c. noodles, green if possible
1 T. cooking oil
1 pt. sm. curd cottage cheese
1 pt. sour cream
1½ tsp. oregano
½ tsp. thyme
½ tsp. salt
¼ c. minced parsley
1 lb. lean beef
1 c. chopped onion
1 clove garlic
1 (6-oz.) can tomato paste
Parmesan cheese

Cook noodles in boiling, salted water 10 minutes. Drain and rinse in cold water. Mix with oil put in 3-quart casserole. Mix cottage cheese, sour cream, oregano, thyme and salt. Spoon over noodles. Sprinkle with parsley. Saute beef and onion and garlic until brown. Add another ¼ teaspoon salt and tomato paste. Spoon over cheese. Sprinkle with Parmesan. Cover and bake 30 minutes at 400°.

BUFFALO STEW

Take 1 buffalo, cut off head and tail. Skin and clean. Cut in chunks and put in **very** large pot.

Add:

1 bushel potatoes, cut up
1 sack carrots, cut up
1 sack onions, cut up
1 box salt
1 can pepper

Cook until done. Will feed a bunch. Recipe can be cut in half.

TUNA CASHEW CASSEROLE

1 lg. can tuna
1 can water
1 c. chopped celery
½ can cashews
1 can mushroom soup
1 can Chinese noodles
1 c. diced onion
Salt and Accent to taste

Mix all together and put in a greased casserole. Top with crushed potato chips and bake 1 hour at 350°.

COMPANY CASSEROLE

Lil Bit

8 oz. med. noodles
1 lb. ground beef
3 T. butter
1 can tomato soup
1 can tomato sauce
1 c. cottage cheese
8 oz. cream cheese
1 c. sour cream
1 chopped green pepper
½ c. chopped onion

Cook noodles; rinse and drain. Brown meat in butter; stir in tomato sauce and tomato soup. Combine cottage cheese, cream cheese, sour cream, onion and pepper and beat all together. Use 2-quart casserole and layer noodles and cheese and meat mixtures. Bake at 350° for 1 hour.

CHICKEN & ASPARAGUS CASSEROLE

Lil Bit

8 chicken breasts
2 cans cream of chicken soup
1/3 c. white wine
2/3 c. chicken broth
1 c. sliced mushrooms
1 tsp. lemon juice
Salt and pepper to taste
1/2 c. sliced almonds
Asparagus (any amount)

Brown chicken breasts and bake until done. When cool, remove skin and put chicken in shallow baking dish, in bite-sized pieces. Cook asparagus and add remaining ingredients and pour over chicken. Edge dish with buttered crumbs, bacon bits or Parmesan cheese. Bake at 350° for 30 minutes or well heated.

CHILE LIMA BEAN CASSEROLE

Helen McHarney

1 lb. dried lima beans
2 cloves garlic
1 c. chopped onion
1/2 c. chopped green pepper
3 T. oil
1 lb. ground beef
1 T. sugar
3 T. chili powder
2 1/2 c. tomatoes
1 tsp. salt

Wash and soak beans and cook. Drain beans well. In oil, saute onion, garlic and pepper until tender. Add beef and brown. Add tomato, salt, sugar and chili powder. Stir in beans and put in a casserole and bake at 350° for 30 minutes. This is very good.

GROUND BEEF AND TATER CASSEROLE

Ardy Jacobs

1 lb. ground beef
2 cans green beans
1 can (10 3/4-oz.) tomato soup
1/4 c. water
1/2 tsp. salt
1/8 tsp. pepper
2 c. prepared mashed potatoes
1 can French fried onions
1/2 c. shredded cheddar cheese

Brown beef in skillet; drain. Combine beef, green beans, soup, water, salt and pepper. Pour into 1 1/2-quart casserole. Combine mashed potatoes and 1/2 cup onion. Spoon potato mixture around outer edge of casserole. Bake, uncovered, 350° for 25 minutes. Top with cheese and remaining onions and bake 5 minutes longer.

PORCUPINE CASSEROLE

1 lb. lean ground beef
1/2 c. raw rice
1/2 c. chopped onion
1/2 c. chopped celery
1/2 c. chopped green pepper
1 egg
1 T. Worcestershire sauce
2 tsp. prepared mustard
2 tsp. salt
1/4 tsp. pepper
1/4 tsp. garlic powder

Mix and make into balls.

(continued)

Sauce:

1 c. mushroom soup
1/2 c. water
1/4 c. catsup
1/3 c. cheese

Bring all but cheese to a boil. Pour over meatballs and bake 1 hour at 350°, then stir in cheese.

CRANBERRY BEANS (Gasless)

R. B.

1 lb. dried beans
2 qts. water
1 stalk celery
1 onion, chopped
1/2 green pepper, chopped
Ham bone, piece salt pork or several slices bacon

Wash beans and soak a couple of hours in warm water; drain. Put in pot or crockpot. Add water, onions, green pepper, celery and meat. Season to taste and cook until tender. Add more water if needed, medium heat.

SCALLOPED POTATOES & PORK CHOPS

R. B.

Use your favorite potato recipe. Put in baking dish. Brown pork chops and place on top of scalloped potatoes. Cover with foil and bake for 1 hour.

CHICKEN & CHIPS

Eileen Scherer

2 c. diced, cooked chicken
1 c. diced celery
1/2 c. chopped walnuts
2 T. minced onion
1/2 c. pimiento-stuffed olives
3 hard-cooked eggs, chopped
1/2 c. mayonnaise
1/4 bottle French dressing
1 tsp. lemon juice
1/2 tsp. salt
1/4 tsp. pepper
1 can cream chicken soup
1 c. crushed potato chips

Combine all but potato chips. Put in greased 2-quart casserole. Top with chips. Bake at 450° 20 minutes. Serves 6. Two (7-ounce) cans tuna can be used instead of chicken.

TUNA NOODLE CASSEROLE

Helen McHarney

6 oz. (3 c.) cooked noodles
1 (6-oz.) can drained tuna
1/2 c. mayonnaise
1 c. thinly sliced celery
1/3 c. diced onion
1/4 c. diced green pepper
1/4 c. chopped pimiento
1 tsp. salt
1 can cream of celery soup
1/2 c. milk
1 c. shredded cheddar cheese
1/2 c. slivered almonds

Cook noodles in salt water until done. Drain. Combine noodles, tuna, mayonnaise, vegetables and salt. Blend in soup and milk; heat and add cheese. Add to tuna. Put in a 1 1/2-quart casserole. Sprinkle with almonds. Bake at 425° for 20 minutes.

HOT DOG ROLLS

6 hard-cooked eggs
1 c. sliced olives
8 T. grated cheddar cheese
Chopped green onions
6 T. chili sauce
2 T. chopped green pepper

Mix all together. Scoop out some of inside of the rolls. Stuff with mixture and wrap each roll in foil. Put in 350° oven for about 45 minutes or until heated through. Deviled ham or chopped hot dogs or chopped bologna may be added. Makes 12 rolls. Good for party or lunches.

R. B.

NOODLE CASSEROLE

1 block cheddar cheese
1 can tomato soup
1 lb. ground beef
1 can spaghetti sauce
1 onion, chopped
1 can mushrooms
1 lg. green pepper, chopped
1/2 can water
1 pkg. egg noodles

Saute onions and pepper and add meat. Cook until red disappears, then add rest of ingredients. Simmer 5 minutes. Cook noodles and drain. Layer noodles and meat. Top with cheese. Bake at 325° for 45 minutes.

R. B.

CUBE STEAK

Cut meat into serving pieces; sprinkle with Accent. Dip in flour; push flour into meat with fingers. Salt, pepper and garlic to taste. Dip in beaten egg, then cracker crumbs. Fry in pan without cover 15 to 20 minutes.

Helen McHarney

CRAB CASSEROLE

1 1/2 c. Best Foods mayonnaise
1 c. half and half

Mix well.

Salt and pepper
1 T. chopped parsley
1 T. chopped onion
1 tsp. celery seed
1 c. white wine
1/2 c. slivered almonds
Dash of cayenne
6 hard-cooked eggs, cut in half
2 c. crab meat

Fold into mayonnaise. Put into buttered casserole; sprinkle with fresh bread crumbs. Bake at 350° for 45 minutes.

Eileen Scherer

CHEESE STRATA

1 lb. Jack cheese
1 lb. cheddar cheese
1 lb. bacon
Day-old bread, cut in cubes
10 or 12 eggs, beaten
1 pt. milk
Salt and pepper to taste

(continued)

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In a 9 x 13-inch baking dish, put a layer of bread cubes on one half; put half the shredded Jack cheese on the other half. Put one half the cheddar cheese over the cheese. Sprinkle one half the bacon that has been cut in small pieces and fried and drained. Put a layer of bread cubes over all the cheese. Then put one half the cheddar cheese on top of side that was Jack cheese last layer and Jack cheese on cheddar cheese. Sprinkle with rest of bacon. Beat eggs and mix in the milk, salt and pepper. Very carefully pour or spoon over cheese and bacon. Bake at 350° one hour. If you wish you can add a little green chilies.

HOLLYWOOD CHICKEN

Lil Bit

1 1/2 lbs. hamburger
2 T. minced onion
1/4 c. flour
1 1/2 c. milk
2 cans chicken noodle soup
2 c. potato chips, crushed

Brown meat with salt and pepper. Add onions and drain. Sprinkle flour over meat; stir well. Add milk; thicken and add soup. Pour into 2-quart casserole and top with chips. Bake at 350° for 40 minutes.

LEMON BAKING CHICKEN

Lil Bit

1 cut-up fryer
2 lemons
Italian seasoning
Salt and pepper
Celery
Mushrooms

Cut 2 lemons and squeeze juice over chicken. Refrigerate overnight. Bake at 350° for 1 1/2 hours. Add Italian seasoning, salt and pepper and baste with lemon juice. One hour before it's done, add celery and mushrooms and cover.

BILLIE'S STEW

Helen McHarney

Medium roaster or baking pan, sprayed with Pam
Put in 1 lb. stew meat
5 carrots, peeled and cut into chunks
5 new potatoes, peeled and cut in half
Small white onions, as many as you like
4 stalks celery, cut in chunks
1 can mushroom soup
1 can tomato soup
1 1/2 c. water
1 c. wine
1/2 pkg. frozen peas

Stir to mix. Over top, sprinkle 1 package Lipton onion soup mix. Cover and bake 2 to 2 1/2 hours; 300°. Thicken gravy if you wish.

NOODLE CASSEROLE

R. B.

1 block cheddar cheese
1 can tomato soup
1 lb. ground beef
1 can spaghetti sauce
1 onion, chopped
1 can mushrooms
1 lg. green pepper, chopped
1/2 can water
1 pkg. egg noodles

Saute onions and pepper and add meat. Cook until red disappears. Add rest of ingredients; simmer 5 minutes. Cook noodles and drain. Layer noodles and meat. Top with cheese; bake 45 minutes at 325°.

CUBE STEAK

R. B.

Cut meat into serving pieces; sprinkle with Accent. Dip in flour; push flour into meat with fingers. Salt, pepper and garlic to taste. Dip in beaten egg, then cracker crumbs. Fry in pan without cover 15 to 20 minutes.

7 CAN CASSEROLE

Eleanor Blue

1 lg. can chicken, about 2 c. (tuna, shrimp or crab may be substituted)
1 can cream of celery or cream of mushroom soup
1 sm. can mushrooms, drained
1 sm. can pimientos
1 sm. can evaporated milk
1 can Chinese noodles
Onion powder and ground pepper to taste
Bread crumbs and butter

Mix all ingredients thoroughly in a large bowl except the bread crumbs and butter. Place in buttered ovenproof baking dish; cover with buttered bread crumbs and bake for 1/2 hour or until bubbling. Bake at 350°.

ERMA RAY'S CHILI BEANS

A real oldy, my creation, served to public at Erma Ray's for over 35 years at 7260 Stockton Boulevard. Makes two gallons.

2 pkgs. Mexican beans
Water to cover

Cook with bay leaves until tender. Salt and pepper after cooked.

Add:

3 lg. cans tomato sauce
1 sm. can El Pato
1 lg. can whole tomatoes, chopped

Add 1 lb. chili brick after beans are cooked

In another kettle:

3 c. water
3 lbs. hamburger
1/2 lb. sausage

Break into small pieces. When meat is cooked add:

(continued)

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3 med. onions, chopped
3 med. bell peppers, chopped
1 green jalapeno pepper
2 c. celery, chopped
1/2 c. parsley, chopped
Lots of garlic
Add chili powder to taste
1/4 tsp. cumin
2 T. oregano
Salt and pepper to taste

Combine meat mixture and bean mixture and simmer 2 hours. Stir once in a while to keep from sticking.

CHICKEN ENCHILADA

Suzy Swanson

4 c. boned chicken
4 c. grated cheddar cheese
1 med. red onion, chopped
1 can olives
12 corn tortillas

Sauce: 1 (19-ounce) can Las Palmas enchilada sauce. Thicken with flour or cornstarch; add one tablespoon Mexican seasoning and simmer until sauce thickens. Soften tortillas by dipping one at a time into hot oil. Drain tortillas on paper towel and stack. Dip each corn tortilla in sauce and place in shallow baking dish. Fill each tortilla with chicken, chopped onion and a little cheese. Roll each one and pour sauce over the enchiladas. Then top with cheese and olives. Heat in 350° oven for 15 minutes or until cheese melts.

TAMALE PIE

Sarah Koon

1 lb. ground beef
1/4 lb. bulk sausage
½ c. chopped onion
1 can tomato soup
½ c. water
1 can undrained whole-kernel corn
2 T. chili powder
1 T. chopped green chili peppers
4 c. water
1 c. cornmeal
1 tsp. salt
1 c. grated sharp cheddar cheese

Brown sausage, beef and onion until done. Drain off fat. Add soup, water, corn, chili powder; bring 3 cups water to a boil. Combine cornmeal, salt and 1 cup cold water. Pour into boiling water, stirring constantly. Return to boiling; stir constantly. Cover and cook 5 minutes. Add pitted olives or sliced olives in the amount you like. Mix all together and put in a 2-quart baking dish and bake at 350° 15 minutes. Six servings.

CHILI BEANS

Jack Bufton

1 lb. hamburger
1 lb. sausage
1 lb. chili brick
1 bell pepper, diced
2 onions, diced

Brown the meat and drain. Then add bell pepper and onion. Put in large kettle.

(continued)

Add:

1 lb. small red beans (soaked overnight)
2 bay leaves
2 garlic toes, diced
1 (10-oz.) can tomato sauce
2 T. chili powder
1/2 tsp. chili powder
1 tsp. oregano
Salt and pepper to taste
1 pt. water

Cover and simmer until done, 6 to 8 hours. Add more water if necessary.

CHILI CHICKEN

Cassie Lindsey

6 halves chicken breasts
12 corn tortillas
1 can cream mushroom soup
1 can cream chicken soup
1/2 can chicken broth
1 can green chili salsa (Ortega)
1 can chili without beans, med. size
1 c. onions, chopped
1/2 lb. Jack cheese, grated
1/2 lb. sharp cheddar cheese, grated

Boil chicken breasts until tender. Debone and shred. Lay in bottom of casserole; cut tortillas into strips and lay on top. Mix together remaining ingredients except cheese. Pour on top of chicken and tortillas. Put grated cheese on top and bake at 350° for 15 minutes, covered, and 30 minutes, uncovered. Serve hot.

CHILI VERDE

Larry Leo

4 lbs. lean pork (pork shoulder, picnic best); trim fat and cut into 1-inch cubes (lean beef can be used)

Brown meat in olive oil; save juice to saute.

1 med. onion, chopped
1 bell pepper, chopped
1 lg. clove garlic, mashed or chopped

Put meat and saute in large pot, crockpot; any slow cooker and add:

2 cans whole tomatoes, cut up (1 lb. 12-oz. each)
1 (7-oz.) can Ortega green chilies, chopped
Juice of 1 lg. lemon
1/2 c. chopped parsley
1 tsp. sugar
1/4 tsp. ground cloves
1 can beef broth (14-oz.)
2 tsp. ground cumin
Salt and pepper to taste

Cook until meat is tender for 6 hours on low setting.

THAI B-B-Q CHICKEN

3 lg. cloves garlic, peeled
1 c. unsweetened coconut milk
1 tsp. grated lemon peel
1 tsp. salt (can be left out)
1/4 tsp. pepper, black
1 tsp. ground turmeric
1/2 tsp. chili paste (can be left out)
1 (3-lb.) chicken, cut up
Leaf lettuce
2 T. finely chopped peanuts
1/4 c. fresh coriander leaves
Lime wedges

Grind garlic to paste (use small amount of coconut milk to smooth mixture). Put into large bowl and add remaining coconut milk, grated lemon peel, turmeric, pepper, salt (if desired) and chili paste (if desired). Mix well and coat chicken well with mixture. Cover tightly and refrigerate. Marinate at least 4 to 6 hours (best overnight). Grill chicken slowly over gray coals, turning frequently for about 30 minutes until juices run clear and chicken is a golden brown. Serve on platter lined with lettuce leaves. Sprinkle chicken pieces with peanuts, coriander and lime wedges. Makes 4-5 servings. If desired, chicken may be skinned. Pork or beef may be substituted for chicken.

TAMALE PIE

H. McHarney

1/2 c. olive oil
2 med. onions, chopped
2 cloves garlic, chopped
1 lb. ground beef
Salt and pepper
1 can creamed corn
1 can Mexican corn
1 can olives
2 cans tomato sauce
3 eggs, beaten
1 c. milk
3/4 c. polenta
1 c. grated cheddar cheese
1 tsp. chili powder
2 tsp. Grandma's Spanish pepper
1 T. L & D Spanish seasoning

Brown onion in oil; add garlic and ground beef. Brown. Add corn, olives and tomato sauce. In a bowl beat eggs; add polenta and milk. Stir well and add to cooked mixture. Add salt and pepper and cheese. Butter casserole; fill and bake 1/2 hour at 350°. (This can all be done in electric fry pan and not baked. Just cook, covered, for the 1/2 hour.)

FLOUR TORTILLAS

Suzy Swanson

4 c. flour
1 tsp. salt
1/4 c. lard or vegetable shortening
1 c. or less warm water
Pinch baking powder

Cut in the lard or shortening with flour until coarse mixture. Dissolve salt in water and gradually add to flour with baking powder. Knead dough well; cover and set aside for one half hour to one

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hour to improve elasticity of dough. Knead dough again and divide into 10 balls. Roll each ball on floured board to 1/8-inch thickness. Place tortilla on moderately hot griddle for about 20 seconds. Flip over and cook a few seconds until light brown in spots.

TOSTADAS (TOHS-TAH-DAHS - Open-Faced Mexican Sandwich)

Suzy Swanson

6 corn tortillas
1/2 c. cooking oil
2 c. cooked mashed beans, hot
1/2 c. grated cheese (American or longhorn cheddar)
Shredded lettuce
Chopped fresh tomatoes
Chopped scallions or green onions

Using tongs immerse tortillas, one at a time, into hot cooking oil. Turn once while cooking until light brown. Drain on paper. Cover browned tortilla with hot, mashed beans. Sprinkle with grated cheese, shredded lettuce, tomatoes and scallions. Serve at once. Avocado as garnish.

PARTY BEANS FOR LARGE GROUPS

Wayne Mendes

1 (32-oz.) can baked beans
1 (64-oz.) can pork and beans (pork may be discarded)
1 to 1 1/2 c. finely chopped onion
2 c. chopped ripe tomatoes
1 lg. green pepper, finely chopped
1 c. sliced fresh mushrooms
1 (32-oz.) can tomato sauce
2 c. barbecue sauce
2 T. soy sauce
1 clove garlic, minced or 1 tsp. garlic powder
1/2 tsp. basil
1/2 c. red wine

In a large Dutch oven mix onions, bell pepper, tomatoes and simmer in wine 10 to 15 minutes until onions are soft. Add mushrooms and simmer 5 minutes. Add liquid if needed to keep from burning. Stir often. Add sauces and spices and simmer 5 to 10 minutes. Add beans and stir well. Heat but do not boil. Serve hot. May be refrigerated and reheated.

SPOON BURGERS

1 lb. ground beef
1/2 c. chopped green pepper
8-oz. can tomato sauce
1/2 onion, chopped
1 T. prepared mustard
2 tsp. Worcestershire sauce
3 hamburger buns

Cook ground beef in skillet until crumbly; add onion and green pepper. Cook until tender. Stir in tomato sauce, mustard and Worcestershire sauce. Stir and cook until seasoning is well mixed with meat. Split buns and toast under broiler. Divide meat on buns for open face sandwiches. Makes 6 servings.

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BARBECUE SAUCE

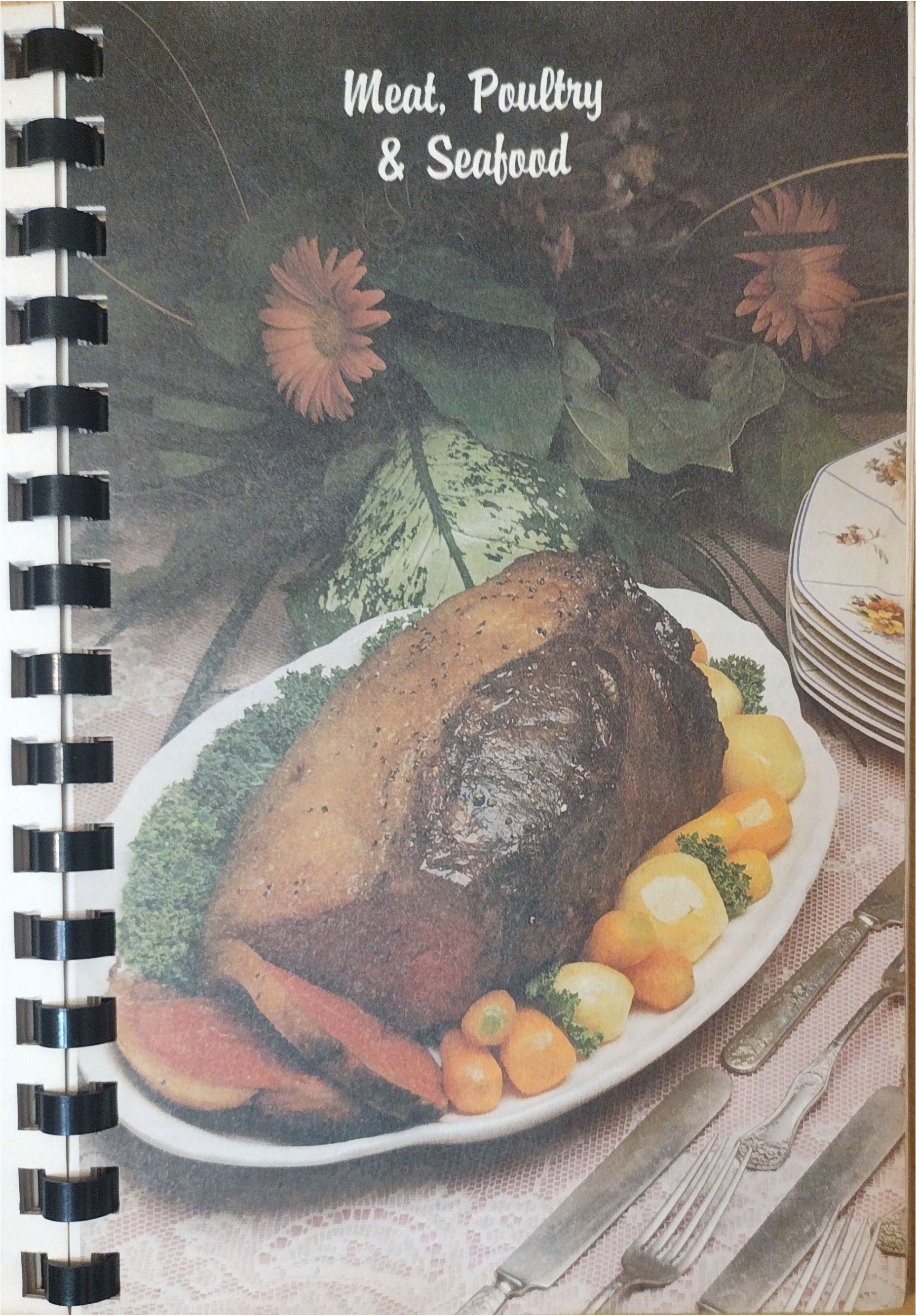
Wayne Mendes

1 c. finely chopped onion
1/2 c. finely chopped green bell pepper
1 T. finely chopped carrot
1/4 c. finely chopped celery
1 (8-oz.) can tomato paste
1 (8-oz.) can tomato sauce
2 T. prepared mustard
1/4 c. white vinegar
1/4 c. red wine
1 clove garlic, minced
1/2 tsp. red pepper
1 T. Worcestershire sauce or soy sauce
2 T. brown sugar
1 tsp. lemon juice
Liquid smoke (opt.)

In blender puree onions, peppers, carrot, garlic and celery with wine and vinegar. Put in saucepan and simmer, covered, for 20 to 25 minutes. Stir every two or three minutes. Mix remainder of ingredients and add to puree. Simmer 10 to 15 minutes. Add liquid smoke. Use hot or cold. Vegetables can be simmered before being put in blender but reduce simmering all together by 10 minutes.

Recipe Favorites

Meat, Poultry & Seafood



The Healthy Gourmet

Those of you who love to barbecue but don't want to ruin your diets should enjoy our low-calorie barbecue hints.

You may enjoy red meats on occasion, but try to limit yourself to 2-4 servings per week. In order to make these meat treats extra special, do not eat fast-food burgers and sandwiches, but do take the time to make home-cooked dishes that allow you to truly savor the meat. When preparing sauces and marinades for red meats, use little oil, fat, butter or margarine. Fat from the meat will render out during cooking, and will provide plenty of flavor. Certain meats, like ribs, pot roast, sausage and others, can be parboiled before grilling to reduce the fat content.

Do not overcook your meats when barbecuing! Well-done meat and charred foods have been shown to contain cancer-causing agents, and should be stricken from your diet. Pork should be cooked to the well-done stage, but not burned.

When shopping for red meats, buy the leanest cuts you can find. Fat will show up as an opaque white coating, and it can also run through the meat fibers themselves, as marbling. Although much outer fat (the white coating) can be trimmed away, I'm afraid there isn't much to be done about the marbling. Stay away from well-marbled cuts of meat.

If you are trying to lose weight, maintain your weight, or just to reduce your fat intake for health reasons, perhaps you should rethink some of your favorite traditional recipes. Often we can reduce the amount of oil, butter, margarine and/or salt called for in a recipe without much change in taste. You can start by cutting the fat (oil, butter or margarine) called for in a recipe right in half, and, while you're at it, do the same to the amount of salt called for. Of course this trick does not work with deep-fried foods and such. Deep-fried foods are best reserved for special occasions, as rare indulgences! Home from work late with no time for marinating meat...? Pound meat lightly with a mallet or rolling pin. Pierce with a fork and cut into chunks if desired. Sprinkle lightly with meat tenderizer and add marinade. Refrigerate for about 20 minutes, and you will have succulent, tender meat.

HERBAL VINEGARS

Vinegar used to be looked at as something you either mixed with oil for your salads or with water to wash your mirrors and windows. No more! Today, vinegars come in a variety of flavors, from garlic and dill to raspberry and blackberry. What is all the excitement about herbal vinegars?

For one thing, it is a great boost for dieters looking to add flavor without the calories to vegetables and main dishes. For gourmet tastes, check your local grocery for the many vinegars available...use a sweet basil vinegar for marinating fresh sliced tomatoes or add a dash to your tomato juice, tomato soup or vegetable juice cocktail. Also good to sprinkle on leafy greens or fresh vegetables.

MEAT, POULTRY & SEAFOOD

PORK LOIN SCALOPPINE

Eileen Scherer

1 1/2 lbs. thin-sliced pork loin scallops
1/2 c. butter
1 c. dry white wine
1/2 lb. fresh sliced mushrooms
2 T. minced parsley and garlic
Flour
Salt and pepper

Place scallops between waxed paper. Roll out or hit with flat side of cleaver until thin, but not broken. Season with salt and pepper and dust with flour. Heat 4 tablespoons butter in large fry pan. Cook meat 1 1/2 minutes on each side. Remove to warm platter and keep warm. Add 2 tablespoons butter to pan. Saute mushrooms until limp. Add white wine and stir. Pour over meat. Garnish with parsley.

CHICKEN BREASTS IN CHAMPAGNE SAUCE

Helen McHarney

4 chicken breasts, skinned and boned
6 T. butter
1 T. oil
1 c. champagne
1 tsp. lemon juice
3 T. heavy cream
1/2 tsp. salt
1/4 tsp. pepper
1/4 c. chopped parsley
3 to 4 c. cooked rice

Pound breasts to 1/4-inch thickness between waxed paper. Melt butter and oil in large skillet. Add chicken breasts and brown on both sides. Cook 10 to 15 minutes. Remove chicken to platter. Keep warm. Add lemon juice and champagne to drippings. Bring to boil and reduce to half. Remove from heat and add cream. Add salt and pepper and pour over chicken. Sprinkle with parsley. Serve with rice. Serves 4. Good with rice cooked in chicken broth instead of water.

STUFFED PEPPERS (Serves 6)

Bobbie Hawkins

Cut off tops of 6 peppers; remove seeds and membrane. Precook bell peppers in boiling, salted water about 3 to 5 minutes. For crisp peppers, omit precooking. Salt inside of peppers. Set aside. Electric 3-quart pot cook 1 pound ground beef with one medium onion, chopped, with a dash or two of garlic powder. Do not use garlic salt. Cook meat until lightly brown; drain off extra fat. Season with 2 (8-ounce) cans tomato sauce, 1/2 can water, 4 tablespoons uncooked long-grain rice, 16-ounce can stewed tomatoes, cut up fine, 1 or 2 teaspoons Worcestershire sauce, salt and pepper to taste. Cover and simmer until rice is done. Stir in 4 ounces sharp cheddar or American cheese, shredded (1 cup). Stuff peppers; stand upright in 10 x 6 x 1 1/2-inch baking dish. Top with cheese. Bake, uncovered, at 325° or 350° for 20 to 30 minutes. Microwave

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on 50% power for 1 minute. Then turn 1/2 turn and cook for 1 or 2 minutes. This is for 600 watts.

ALBONDIGAS SPICY MEATBALLS FOR 6

Bobbie Hawkins

Make very small (like marbles), these are excellent hors d'oeuvres. Larger, they can contribute to a buffet or a dinner.

Sauce:

2 c. canned tomatoes
1 garlic clove
Cinnamon
2 tsp. sugar
1/2 tsp. salt
1 canned jalapeno chili or green chili (do not use both)
1 c. water

Puree all ingredients in a blender. Then bring to a boil in a saucepan.

Meatballs:

1 lb. ground chuck
1/2 onion, chopped
6 mint leaves, chopped
1 c. parsley, chopped
2 hard-boiled eggs, minced
1/2 tsp. salt
1/2 c. raw rice
2 eggs

Mix ingredients and form into balls. Drop into boiling sauce; simmer half hour. Serve hot in a chafing dish; cover with sauce.

DEVILED EGGS SWEET & SOUR STYLE

Bobbie Hawkins

Halve eggs lengthwise; mash yolks with a combination of mayonnaise, salt, pepper, onion powder, drop of mustard, sweet pickle relish, dill pickle relish. Refill eggs. You must decide how much to use as it depends on how many eggs are boiled.

MEDIX RUN STEW

George L.

1 1/2 lbs. venison stew meat
1/2 c. flour, seasoned with salt and pepper
3 T. olive oil
1 garlic clove, minced
2 c. water
1 beef bouillon cube
1/2 c. tomato juice
1/4 c. port wine
1 tsp. lemon juice
1 tsp. steak sauce
1/2 tsp. thyme
4 sm. onions
4 carrots, cut in pieces
4 potatoes, quartered
1 c. celery, chopped
Salt and pepper to taste
Quick mixing flour

Place stew meat and flour in a plastic bag and shake to coat. Heat oil in large skillet or Dutch oven to medium heat; brown meat on all sides. Add more oil if necessary; add garlic and fry one minute. Add water, bouillon cube, tomato juice, port wine, lemon juice, steak sauce and thyme; cover and simmer 1 hour. Add onion, car-

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rots, potatoes and celery; cover and simmer another hour, until tender. Add salt and pepper; stir some flour into juices until slightly thickened. Serve hot with Italian bread. Serves four.

NO PEEK CHICKEN

Ardy Jacobs

1 1/2 c. instant rice, uncooked
6 chicken breasts or legs and thighs
1 can cream of chicken soup
1 can cream of celery soup
1 pkg. onion soup mix

Place rice in a baking pan lined with foil. Add chicken. Combine soups and pour over all. Sprinkle on onion soup. Seal foil securely and bake at 300° for 2 1/2 hours.

TONGA SPARERIBS

Spread ribs with a coating of Kraft barbecue sauce. Mix 1 bottle of mango chutney, chopped, 1 bottle of red plum jam, 2 tablespoons brown sugar, 2 tablespoons wine vinegar. Bake ribs in Kraft dressing 1 hour at 325°. Then mix rest on ribs and bake 30 minutes at 325°. Pork ribs are best, but beef can be used. Be sure to spray rack with Pam to save wash up job.

SPICY STEW

George L.

1 1/2 lbs. venison stew meat, cut into cubes
2 T. cooking oil
1 1/2 c. beer
1 beef bouillon cube
1 lg. onion, sliced
2 T. horseradish
2 tsp. steak sauce
10 drops Tabasco sauce
1/2 tsp. marjoram
1/2 tsp. thyme
1/2 tsp. dillweed
1/4 tsp. allspice
Salt and pepper
Cooked noodles
Parsley sprigs

Heat oil in large heavy fry pan and add the stew meat. Brown meat on all sides. Add the beer, bouillon cube, onion, horseradish, steak sauce, Tabasco, marjoram, thyme, dillweed and allspice. Mix well; heat to boiling. Turn to simmer and cover; cook for 2 1/2 hours. Add a little water if necessary. Taste; add salt and pepper if you wish. Serve as it is or thicken if you wish with quick flour. Serve over hot noodles. Garnish with parsley. Four servings.

OVEN STEW

Jane Hignight
Aux. President

1 1/2 lbs. stew meat
6 carrots
2 onions
3 potatoes
1 lg. can mushrooms, undrained
1 can mushroom soup
1 tsp. salt
Pepper to taste
Garlic to taste

(continued)

Cut vegetables in hunks. Mix all together. Bake at 250° for 6 hours, covered.

TATER TOT DISH

Jane Hignight
Aux. President

2 lbs. ground beef
1 sm. onion
1 can cream mushroom soup
1 can cream celery soup
1/2 c. water
1 lg. bag Tater Tots

Brown meat and onion in skillet. Drain off any fat. Stir in soups and 1/2 cup water. Place in a 13 x 9 x 2-inch baking dish. Arrange Tater Tots, covering meat mixture. Bake in 350° oven for 1 hour.

WINEBURGERS

Lil Bit

1 1/2 lbs. ground beef
3 slices bread, soaked in white wine
Salt and pepper
1 T. chopped parsley
1 T. Worcestershire sauce
2 beaten eggs
1 sm. can mushrooms
2 T. sugar
1/2 c. white wine

Combine first 5 ingredients and make into 10 patties. Flour and brown well on both sides. Add 1/2 cup boiling water; sprinkle mushrooms over patties. Add wine and sugar. Cover and steam slowly for 3/4 hour. If more gravy is desired, make more thickening.

HAMBURGER AND RICE

Lil Bit

2 lbs. hamburger
1/2 c. chopped onion
1 tsp. oregano
2 T. brown sugar
1 tsp. chili powder
2 cans tomato sauce
1 can tomato paste
3 c. water
1 c. Minute Rice

Brown meat and onion. Drain. Add rest of ingredients, except rice. Simmer 1/2 hour; add rice. Let stand 5 minutes. Serve over Fritos. On top add shredded lettuce, tomato and shredded cheese.

ODDS AND ENDS STEW

George L.

2 c. cooked meat, pressed firmly in measuring cup
1/4 c. finely chopped celery
1/4 c. finely chopped onion
1/4 c. finely chopped green pepper
1/4 c. finely chopped carrot
3 T. cooking oil
3 T. flour
1/2 c. broth (from cooked meat)
1/2 c. finely chopped tomato
1 T. steak sauce
1/2 tsp. savory salt and pepper to taste
Parsley sprigs

Fry the celery, onion, green pepper and carrot in hot cooking oil over medium heat in large pan until tender, about 10 minutes. Add

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flour and stir. Gradually add broth, stirring constantly. Add tomato, steak sauce and savory. Simmer for 5 minutes.

TAHITIAN-STYLE MEATBALLS

Larry Leo

1 lb. ground beef
1 tsp. salt
1/4 c. chopped onion
1/2 c. chopped walnuts
1/4 c. milk
1/2 c. stale bread crumbs
1 egg
1/4 c. sifted flour
1/3 c. oil
Sweet and sour sauce
Hot cooked rice
Soy sauce

Combine meat, salt, onions, egg whites and bread crumbs. Mix lightly but well. Form into balls and make a batter of egg yolk and flour. Dip meatballs in batter and brown in hot oil. Drain on paper towel. Wipe out skillet and put meat back with 1/2 cup white wine and 1/2 cup beef broth. Simmer about 5 minutes. Wash and cut into strips one green bell pepper; add to meat with 1 cup drained pineapple chunks. Mix 2 tablespoons cornstarch with 1/2 cup pineapple juice, 1/4 cup sugar, 1/4 cup vinegar, 1 tablespoon soy sauce. Stir into meatballs and simmer until thick and clear. Add 1 tomato, chopped, and serve over hot rice.

CHICKEN BREASTS

Larry Leo

6 boned chicken breast halves
6 pieces baked or boiled ham
1/2 c. mayonnaise
1 can cream of chicken soup

Flatten chicken breasts a little. Put slice of ham on each half of chicken. Roll up and fasten with a toothpick. Put in shallow Pyrex dish. Mix mayonnaise and soup together; add salt and pepper to taste. Pour over chicken and bake, covered, for 2 hours at 350°.

CHICKEN CRUNCH

Bruce Marshall

1/2 c. chicken broth
2 cans cream mushroom soup
4 c. cooked diced chicken
1/4 c. onion, minced
1 c. celery, thinly sliced
1 can water chestnuts, sliced
1 (3-oz.) can chow mein noodles
1/3 c. sliced blanched almonds

Blend broth into soup in 2-quart casserole. Mix in remaining ingredients except almonds. Bake in slow oven, 325°, for 40 minutes. Just before serving, put almonds on top. Serve with rice. Serves 4.

MARINATED PORK ROAST

Commander Steve Hignight

1/2 c. soy sauce
1/2 c. dry sherry
2 cloves garlic
1 T. dry mustard
1 tsp. ginger
1 tsp. thyme
1 (4 or 5-lb.) rolled pork roast or loin roast

(continued)

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Make a marinade of the first six ingredients. Put the roast in plastic bag and pour the marinade over roast. Close bag and refrigerate overnight. Remove the meat from the bag and roast, uncovered, at 325° for 2½ to 3 hours. Baste the last hour of cooking with the marinade.

BEEF KABOBS

Sarah Koon

1½ lbs. beef tip roast, cut into 1 to 1½-inch cubes
1 c. Italian salad dressing
6 to 8 cherry tomatoes
8 lg. mushrooms
8 green pepper wedges
4 (15-inch) metal skewers

Place beef cubes in a plastic bag or bowl; pour dressing over and stir to coat thoroughly. Close bag securely and marinate in refrigerator 6 hours or overnight. Pour off and reserve marinade. Thread beef cubes on skewer alternately with cherry tomatoes and green peppers. Brush vegetables with marinade and place skewers on grill. Broil for 10 to 15 minutes, turning and brushing with marinade. 4 servings.

HUNGARIAN CHICKEN PAPRIKA

Lil Bit

1 or 2 frying chickens
¼ c. margarine
1 tsp. salt
2 or 3 tsp. paprika
1 or 2 onions
½ pt. sour cream

Chop onions fine and brown slightly in margarine, in fry pan. Add salt and paprika. Put in the cut-up chicken pieces. Cover and cook over low heat until tender. Remove from fire; cool slightly. Stir in sour cream and reheat slowly so cream will not curdle. Serve over buttered noodles.

3-WAY MEATBALLS

Jeanne Kiback

Basic Mix:

Ground round
Ground pork
Ground veal
Eggs for consistency (2 or more)
Fresh chopped parsley
Finely diced onion
Garlic salt
Pepper
1 T. Worcestershire sauce

(**Note:** Beer may be used for liquid in all 3 types.) Mix all ingredients; add below extras for type of meatball. Wet hands and shape into balls size of walnut. **Italian:** Add Italian seasoning and diced green olives, nutmeg and red wine. Roll in Italian bread crumbs; brown amount to be used. Freeze extra for future use. Use spaghetti sauce or barbecue sauce. Great on skewers. **Swedish:** Add one carton sour cream, beer to make pliable; roll in flour to brown. Use favorite white cheese sauce and simmer until tender; serve over noodles.

(continued)

Sweet and Sour:

1 jar Welch's grape jelly
1 bottle hot catsup
1 can crushed pineapple

Simmer until syrupy. Roll meatballs in fine cracker crumbs. Pour sauce over meatballs after browned. Cook on medium in slow cooker.

BRANDY BEEF GOULASH

Helen McHarney

3 lbs. beef, cut into inch cubes
2 1/2 tsp. salt
1/2 tsp. pepper
2 T. paprika
2 T. half butter and half Crisco
2 1/2 c. onion, cut in one-inch chunks
1 or 2 cloves garlic, minced
3/4 c. brandy
1 can beef consomme
3/4 tsp. marjoram, crumbled
3/4 tsp. caraway seeds
1 1/2 T. cornstarch

Toss beef in salt, pepper and paprika. Heat shortening and brown meat well. Stir in onion and garlic. Cook 5 minutes. Add 1/4 cup brandy and ignite. When flames die, stir in consomme. Cover tightly; simmer 1 to 1 1/2 hours. Add marjoram and caraway. Cook 10 minutes. Blend cornstarch and rest of brandy. Stir into meat; cook until clear and thickened. Makes 5 or 6 servings. I serve with carrots and peas.

SWISS STEAK ITALIAN (Serves Four)

Wayne Mendes

2 T. oil
4 minute steaks
2 T. flour
2 cloves garlic, minced
1 c. sliced fresh mushrooms
1 med. onion, sliced
1 (16-oz.) can stewed tomatoes
1 (8-oz.) can tomato sauce
1 c. red wine
Salt and pepper

Sprinkle minced garlic on steaks and pound with meat hammer. Mix flour, salt and pepper and coat steaks. Brown and cook steaks in skillet with oil. Remove steaks and in same skillet, simmer onions and mushrooms. Remove from skillet; put steaks back and cover with onions and mushrooms. Add stewed tomatoes, tomato sauce and wine. Simmer 10 to 15 minutes. It is best to mix tomato sauce, wine and stewed tomatoes before adding to meat.

SWEET & SOUR MEATBALLS

Wayne Mendes

1/2 lb. ground beef
2 T. chopped onion
1 egg
1/2 tsp. salt
1/4 tsp. nutmeg
1/4 c. dry bread crumbs
2 T. chopped mushrooms
1/4 c. milk
1/4 tsp. black pepper
Butter or margarine

Mix and make into meatballs.

(continued)

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Sauce:

1 T. oil
1 med. onion, chopped
1 med. green or red pepper
1 1/2 tsp. cornstarch
1 (8-oz.) can chunk pineapple (save juice)
1/4 tsp. salt
1/2 c. catsup
2 T. vinegar
2 T. sherry
Chopped green onion for garnish

Brown meatballs; make sauce. Mix cornstarch in pineapple juice. Add pineapple chunks; simmer and add cooked meatballs.

BAKED FISH

Wayne Mendes

For bass, trout or rock fish 10 to 15 minutes per pound. For larger fish add 15 minutes per pound. Scale and clean fish. Do not skin. Fill cavity with stuffing of onion, celery and mushrooms. Preheat oven to 400°. In a deep baking dish, line bottom with bacon strips, one inch apart. Cover the bacon with onions rings. Place fish on top of onions. Sprinkle with non-salt seasoning. Make a paste of 50% flour and 50% melted butter. Baste fish with this. Sprinkle fish with bread or cracker crumbs, 1 bay leaf, 4 peppercorns, 4 whole cloves; add 1/2 cup white wine. Cover and bake 45 minutes at 400°.

SAUTEEING FISH

Wayne Mendes

Use fish fillets. Put mixture of melted butter and white wine in frying pan. Add fillets and sprinkle with seasoning. Cook over moderate heat, 1 to 3 minutes, depending on size of fish. Check for flaking. Do not overcook. May be done in microwave on microwave dish. Fish may be dipped in flour before cooking. Fish may be marinated before cooking. Chicken broth may be used instead of wine. Remove fish from pan to warm dish. Add a can of cream of mushroom soup to juice in pan. Heat well and pour over fish. Or saute onion and mushroom in chicken broth and pour over fish. Enjoy!

MARYLAND CRAB CAKES

Jane Hignight
Aux. President

3 slices bread, torn into bite-sized pieces
2 T. water
1 1/2 lbs. fresh crab meat, drained and flaked
2 eggs, beaten
1 1/2 T. mayonnaise
1 1/2 T. Worcestershire sauce
1 1/2 T. chopped fresh parsley
1 1/2 tsp. prepared mustard
1 1/2 tsp. Old Bay seasoning
1/4 tsp. salt
Vegetable oil
Lemon wedges
Tartar sauce

Place bread in a large bowl; sprinkle with water to moisten. Add eggs, mayonnaise, Worcestershire sauce, chopped parsley, mus-

(continued)

tard, Old Bay seasoning, and salt. Stir well. Shape into twelve four-inch patties. Heat 1/4 inch of oil in large skillet over high heat. Cook patties three minutes on each side. Turn once; drain on paper towel. Serve with lemon wedges and tartar sauce.

BROILED SHRIMP & SCALLOPS (Scampi e Cape Sante Alla Griglia)

Wayne La Due

1 lb. med. shrimp
1 lb. scallops
1/2 c. olive oil
1/3 c. chopped parsley
3 clove garlic, minced
1/2 c. dry unflavored bread crumbs
Salt and freshly ground pepper to taste
Lemon wedges

Shell and devein shrimp. Wash shrimp and scallops in cold water; pat dry. In a large bowl combine oil, parsley and garlic, salt and pepper and bread crumbs. Add shrimp and scallops; stir to coat well. Remove and press more bread crumbs on shrimp and scallops. Place alternately on 4 or 6 metal skewers. Broil two minutes; turn over and broil other side two minutes. Serve with lemon wedges.

SAUSAGE PIE SUPPER

H. McHarney

1 lb. bulk sausage (pork)
1 (#2) can pork and beans
1 can tomato soup
1 tsp. salt
1 lg. apple, sliced
1/4 c. brown sugar

Brown sausage; pour off fat. Add beans and soup. Put in a casserole; arrange apple slices on top. Sprinkle with brown sugar. Put a biscuit on each apple slice and bake 30 minutes at 425°.

KONA INN PORK CHOPS

H. McHarney

6 double rib pork chops
2 c. brown sugar
1/2 c. unsweetened pineapple juice
1/2 c. honey
2 tsp. dry mustard
6 whole cloves
12 coriander seeds, crushed

Brown chops in skillet. Salt and pepper to taste. Put chops in baking dish. Combine the rest of the ingredients and put 3 tablespoons on each chop. Bake 1 1/4 hours at 350°, basting once in a while. Serve with orange slice, cherry and 1/4 banana broiled with honey.

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CHICKEN DIVAN

Lil Bit

2 (10-oz.) pkgs. frozen broccoli or fresh
1 whole chicken, cooked, boned and sliced
1 can cream of chicken soup
1 can cream of mushroom soup
1 c. mayonnaise
1 tsp. lemon juice
1/2 tsp. curry powder
1/2 c. sharp cheddar cheese
1/2 c. bread crumbs

Cook broccoli in boiling water; drain. Arrange broccoli in bottom of casserole dish. Place chicken slices on top. Combine soups, mayonnaise, lemon juice, curry powder and cheese. Mix well; pour over chicken. Sprinkle with bread crumbs. Bake at 350° 25 to 30 minutes. Serves 6 to 8.

AWARD WINNING CHILE RELLENOS

Helen McHarney

6 peeled green chilies
6 oz. Jack cheese
4 eggs
1/3 c. milk
1/2 c. flour
1/2 tsp. baking powder
1 c. shredded cheddar cheese
1 (8-oz.) can tomato sauce
Garlic, cumin, parsley and oregano to taste
Black olives

Clean chilies and seed. Stuff with Jack cheese. Put in greased baking pan. Beat eggs well. Add flour and baking powder. Beat until smooth. May be a little lumpy. Pour over chilies; sprinkle with cheddar cheese and sliced black olives. Bake at 375° for 25 minutes. Make sauce of tomato sauce and seasonings or use canned enchilada sauce, thickened.

ONE POT GROUND BEEF

Wayne Mendez

Several combinations can be made using basic recipe. Good for camping. For 4 or 6 people.

1 lb. ground beef
2 potatoes, diced
1 med. onion, diced or sliced
2 or 3 mushrooms, diced
2 or 3 ribs celery, diced
1 tsp. Mrs. Dash or other salt seasoning
Dash white pepper
Water
1 (16-oz.) can pork and beans
1 (8-oz.) can tomato sauce
1 (16-oz.) can stewed tomatoes

In large skillet brown meat and drain liquid. Add potatoes, onion, celery, mushrooms, spices and water to cover. Simmer until potatoes are cooked. But not mushy. If canned vegetables are used, the liquid can be used instead of water. Add pork and beans, tomato sauce and tomatoes. Heat but do not boil. **Options:** Instead of pork and beans: green beans or wax beans, navy beans, kidney beans, pinto beans, lima beans, garbanzo beans, Great Northern beans or corn. Use juice from can beans instead of water.

HAM SANDWICH STRATA

Jane Hignight

1 med. carrot
1 (6-oz.) pkg. sliced cooked ham
8 very thin slices bread, rye or wheat
1 c. shredded mozzarella cheese
3 eggs
1 1/2 c. milk
1 T. chopped chives
1 tsp. dry mustard
1/4 tsp. garlic powder
1/4 tsp. bottled hot pepper
Apple slices and grapes

Spray 8 x 8 x 2-inch dish with Pam. Shred carrot. Place 2 slices ham atop each of 4 slices. Top with remaining bread slices, making 4 sandwiches. Arrange sandwiches in prepared baking dish. Sprinkle mozzarella and carrot on top. In medium bowl, beat eggs and stir in milk, chives, mustard, garlic powder and hot pepper sauce. Pour egg mixture over cheese topped sandwiches. Cover and chill 4 to 24 hours. Preheat the oven to 325° or until knife put in center comes out clean. Let stand 5 minutes. Cut in square and serve with fruit.

VEAL SCHNITZEL

Jane Hignight

1 lb. (1/4 inch thick) veal cutlets (about 6)
3 eggs
1 tsp. salt
3/4 tsp. coarsely ground pepper
3/4 c. flour
1 1/2 c. soft bread crumbs
3/4 c. butter
5 oz. Gruyere cheese, thinly sliced
3 T. dry parsley flakes
Twists of lemon
Fresh parsley sprigs

Place cutlets between sheets of waxed paper. Flatten to an 1/8 inch using mallet or rolling pin. Combine eggs, salt and pepper and beat well. Dredge cutlets in flour; dip in egg mixture and coat with bread crumbs. Melt butter in skillet over medium heat. Cook 4 to 5 minutes; turn cutlets and top with cheese. Cover and cook 3 to 4 minutes. Sprinkle with parsley. Remove to serving dish and garnish with lemon twists and parsley sprigs.

ORIENTAL FLANK STEAK

1 (1 1/2-lb.) flank steak
5 green onions, chopped
3/4 c. vegetable oil
1/2 c. soy sauce
1 1/2 tsp. ground ginger
3/4 tsp. garlic powder
3 T. honey
2 T. vinegar

Place steak in a large, shallow dish. Combine remaining ingredients. Pour over steak; cover and refrigerate 8 hours, turning steak occasionally. Drain steak. Save marinade. Grill over hot coals 10 minutes each side. Baste often with marinade. To serve, slice steak across the grain into thin slices. Serves 4 to 6.

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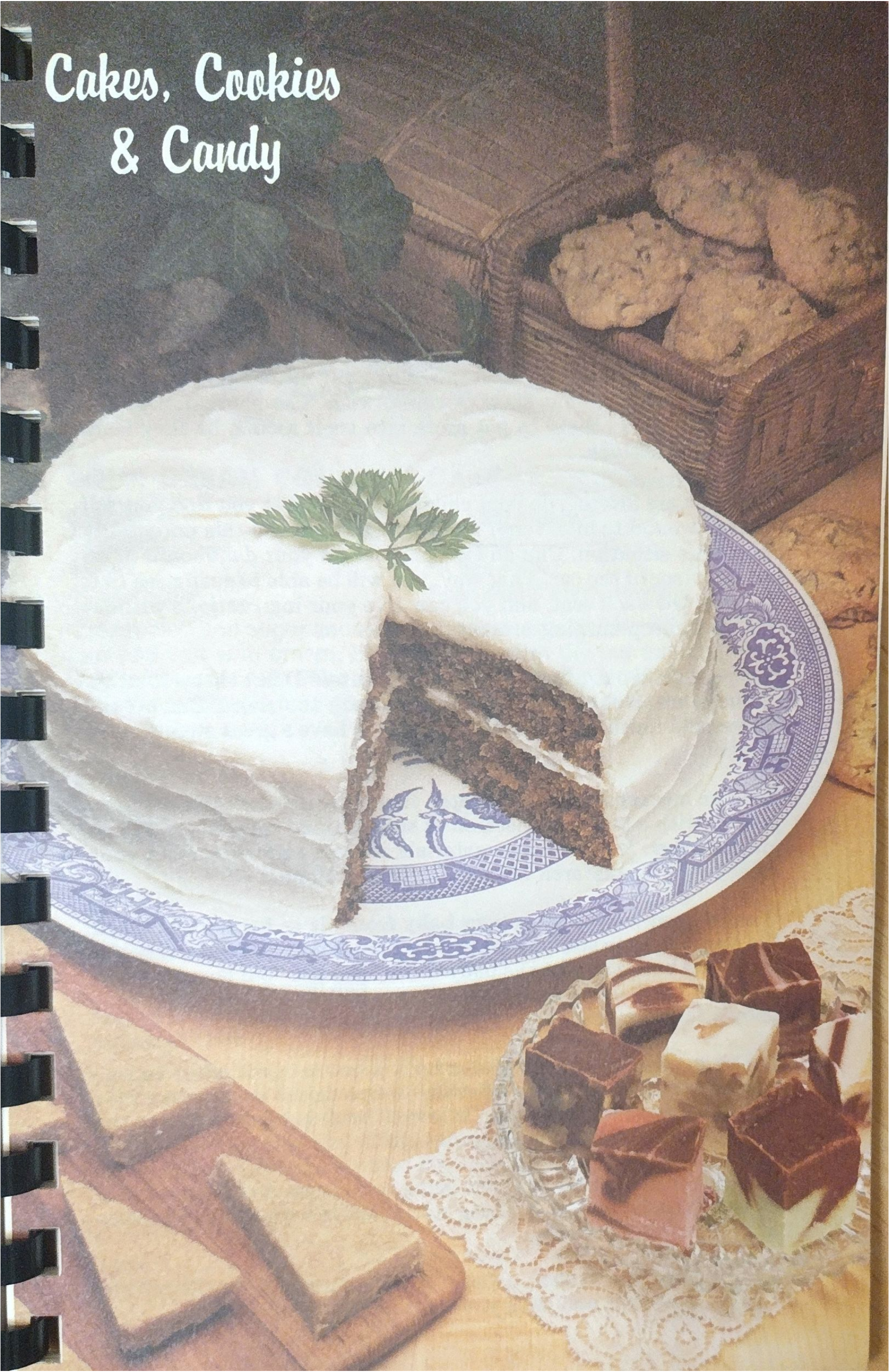
Recipe Favorites

Cakes, Cookies & Candy



The Children's Hour

Child's Party: Push animal shaped cookie cutters lightly into icing. Fill depressed outlines with chocolate icing. ALSO...Fill ice cream cones (flat bottoms) with cake batter half full and bake. Decorate with icing topped with colored sugar.

To teach a child how to put the right shoe on the right foot, mark or tape the inside of the right shoe only.

SPOON FOR BABY: A tablespoon of your measuring spoons set is ideal for baby to eat soup or cereal with. The short handle and deep scoop helps them to get more into their mouth as they learn to feed themselves.

When you are driving, do your children fuss so that you find yourself turning around to intervene? Here's a way to lessen this potentially dangerous situation. Clip an extra mirror on your dashboard or on the sun visor of the car. That way, you will be able to easily see that action in the back seat, and you can give your instructions without having to keep turning around.

Has your child outgrown his favorite sweater? Don't throw it away. Chances are, it is only the sleeves that are too short. Cut off the sleeves and finish the armholes, and he will have a great sweater vest to wear.

Want an inexpensive way to stretch your baby powder? Mix the baby powder with a box of cornstarch or some baking soda and it will go much further. Both of these materials are safe and will stretch your money, too. Cornstarch is just fine to use alone.

Want a good way to wean your baby from his or her bottle? When the time comes to start weaning your baby from the bottle, take the lid off the bottle and let the baby drink from the "old favorite" bottle, then start using a cup from there. Make sure you start with baby's favorite drinks.

Here's a good way to keep your baby's bottle warm when you go somewhere. After the baby's bottle is warmed, just pop it into a wide mouth thermos that has been "warmed" with hot water. Put on the lid. This will keep the bottle just right.

Remember this simple tip when going to outings. A child in colorful clothes is easier to find. Nothing stands out in a crowd like a toddler in red, purple, or yellow.

Is your baby's high chair a mess? A few minutes in the shower will take care of that and save you a lot of scrubbing.

CAKES, COOKIES & CANDY

WACKY CAKE

Elenor Caisse

1 1/2 c. flour
1 c. sugar
1/3 c. unsweetened cocoa powder
1 tsp. baking soda
1 tsp. salt
1 T. vinegar
1 tsp. vanilla
1/3 c. oil
1 c. lukewarm water

Sift together flour, sugar, cocoa, baking soda and salt into lightly oiled 9 x 12-inch baking pan. Make three holes in the dry ingredients; pour vinegar in the first hole, the vanilla in the second, and the oil in the third. Pour the water over it all. Stir and bake at 350° for 35 to 45 minutes.

SOUR CREAM COCONUT CAKE

Cassie Lindsey

3 sticks oleo
3 c. sugar
6 eggs
1 tsp. vanilla
1 c. sour cream
3 c. flour
1/4 tsp. soda
1 can Angel Flake coconut

Cream oleo and sugar and add eggs; beat well. Sift dry ingredients and add salt with cream. Start and end with dry ingredients. Add vanilla and coconut. Bake in two loaf pans or one large tube pan or square pan. Bake 1 hour 15 minutes at 325°. Cool a few minutes.

Frosting:

Bring to a boil:

1 c. sugar
1/2 c. water
1 tsp. vanilla

Cool 10 minutes, then pour over cake after you make holes in cake. Can be frozen.

TRIFLE

Cassie Lindsey

2 pkgs. ladyfingers, split and spread with raspberry or strawberry jam

Replace tops. Soak in 1 cup sherry or brandy or mixture of both. Make package of raspberry or strawberry Jello and when cool; pour over ladyfingers. When Jello is set, add cool custard made from scratch or package, then add layer of Cool Whip. Decorate with chopped nuts; add candied cherries.

CHEESE CAKE

Cassie Lindsey

4 eggs
3 (8-oz.) cream cheese
1 c. sugar

(continued)

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Cream these well and put in graham cracker crust. Bake 25 minutes at 350°. Let cool.

1 pt. sour cream
1 tsp. vanilla
1/4 c. sugar

Mix with spoon and spread over first layer. Bake 6 minutes in 350° oven. Refrigerate 12 hours.

RED VELVET CAKE

Cassie Lindsey

1 1/2 c. sugar
2 c. cooking oil
2 eggs
1 tsp. vinegar
2 oz. red food coloring (1/4 c.)
1 tsp. soda
2 1/2 c. flour
1 tsp. salt
2 T. cocoa
1 c. buttermilk
1 tsp. vanilla

Cream sugar and oil; add eggs and beat well. Sift dry ingredients together. Add soda to buttermilk; mix well. Add vinegar to egg mixture, then add dry ingredients alternately with milk. Beat well after each addition. Add vanilla and food coloring. Makes two to four layers, depending on size of pans. Line pans with waxed paper and grease. Bake 30 to 35 minutes at 350°.

CREAM CHEESE FROSTING

Cassie Lindsey

1/2 c. butter
1 (8-oz.) pkg. cream cheese
1 tsp. vanilla
1 box powdered sugar
1 c. chopped pecans

Cream butter and cream cheese well. Add sugar and vanilla. Mix well. Add nuts. Use for filling and to frost cake.

CARROT CAKE

Kae Schaefer

2 c. flour
2 c. sugar
2 tsp. cinnamon
2 tsp. soda
1/2 tsp. salt
1 1/2 c. cooking oil
4 eggs
3 c. shredded raw carrots

Mix dry ingredients with oil. Add eggs, one at a time; blend in carrots. Pour into greased and floured 9 x 13-inch pan. Bake in 350° oven 45 to 50 minutes. Test with wooden pick. Cool in pan. Frost and sprinkle with chopped nuts if desired. **Icing:** Combine in a small bowl 1/2 ounce butter and 1 (8-ounce) cream cheese, 1-pound box of powdered sugar, 2 1/2 teaspoons vanilla. Beat until creamy.

BETTER THAN ROBERT REDFORD CAKE

Erma Marshall

1 c. cake flour
1/2 c. margarine, softened
1 c. chopped walnuts
1 (8-oz.) pkg. cream cheese, softened
1 c. sugar
1 (9-oz.) Cool Whip
1 (6 3/4-oz.) pkg. vanilla and chocolate puddings
3 c. cold milk
Grated chocolate on top if desired

Crust: Mix flour, margarine and nuts until crumbly. Press into greased 13 x 9-inch pan. Bake at 350° for 15 or 20 minutes or until golden; cool. Beat cream cheese with sugar until smooth. Fold in Cool Whip and spread on crust. Combine vanilla and chocolate puddings and milk and beat until smooth and thick. Spread over cream cheese mix. Top with Cool Whip; refrigerate overnight or solid enough to cut.

KAHLUA CAKE

Margarete Anderson

1 pkg. chocolate cake mix NO PUDDING ADDED
1 (3 1/4-oz.) pkg. vanilla OR chocolate instant pudding mix
1 pt. sour cream
4 eggs
3/4 c. oil
1/3 c. Kahlua
1 (6-oz.) pkg. semi-sweet chocolate pieces

Combine cake mix, pudding mix, sour cream, eggs, oil and Kahlua. Mix until well blended. Stir in chocolate pieces. Pour into well-greased bundt pan. Bake in 350° oven for about 1 hour or until it tests done. This cake is rich, moist and heavy. Serve slices with dollop of Cool Whip or whipped cream if desired.

PUMPKIN CAKE

Margarete Anderson

Follow directions on a can of pumpkin for making 2 pies. Pour mixture into a 9 x 12-inch **greased** cake pan. Sprinkle all of a box of yellow cake mix evenly over the pumpkin mixture. (You will have about 1/2 or 1/4 inch of cake mix.) Melt 1 1/2 cubes of butter or oleo and pour over the cake mix as evenly as you can. Sprinkle 1 cup chopped nuts over the butter. Bake at 350° for 1 hour or until a knife comes out clean. Serve warm or cold with or without whipped cream or Cool Whip. This cake is very easy to make and tastes really yummy.

MOUNT DEW CAKE & ICING

Eleanor Blue

1 box Duncan Hines orange supreme cake mix
1 box coconut pudding mix
1 (10-oz.) can Mountain Dew (soft drink)
2/3 c. cooking oil
4 eggs

Mix and bake in 9 x 13-inch pan at 350° for about 30 minutes.

(continued)

Icing:

1 sm. can crushed pineapple, not drained
2 T. cornstarch
1 c. sugar

Cook until clear, then add a stick of butter or margarine. Stir in 1 cup Angel Flake coconut and 1/2 cup chopped nuts. Spread on cake.

FUNNEL CAKE

Eileen Scherer

3 eggs, well beaten
2 c. milk
4 c. sifted flour
1/3 c. sugar
1/2 tsp. salt
1 T. baking powder

Beat eggs with milk and gradually add flour, sugar, salt and baking powder. Beat until smooth. Hold finger over end of funnel. Fill funnel with batter. Then allow to run out in a stream into hot, deep fat. Move funnel in pattern round and round to make coil. Cook 2 to 3 minutes; turn over. Brown other side. Drain on paper towels. Sprinkle with sifted powdered sugar. Makes 30 cakes.

JELLO ICE CREAM CAKE

Eileen Scherer

Dissolve 3 small strawberry Jello in 1 1/2 cups boiling water. Mix 3/4 of 1/2 gallon vanilla ice cream until melted. Add 1 large can crushed pineapple, drained, and 1 large Cool Whip. Break or slice store-bought angel food cake. Alternate layers of Jello and cake. Begin and end with Jello layer. Use either a spring pan or 9 x 12-inch pan. Put in refrigerator for 8 hours.

BEST EVER RUM CAKE

1 or 2 qts. rum
1 c. butter
1 tsp. sugar
2 lg. eggs
Nuts
1 c. dried fruit
1 tsp. soda
Lemon juice
Brown sugar
Baking powder

Before you start, sample the rum to check for quality (good isn't it?). Now go ahead and select a large mixing bowl, measuring cup, etc. Check the rum again. It must be just right. To be sure the rum is of the higest quality, pour one level cup of rum into a glass and drink it as fast as you can. Repeat. With an electric mixer, beat one cup of butter in a large, fluffy bowl. Add one seaspoon of thugar and beat again. Meanwhile, make sure the rum the rum is of the finest quality. Try another cup. Open second quart if necessary. Add 2 arge, 2 cups fried druit and beat till high. If druit gets stuck in beaters, just pry it loose with a drewscriver. Sample the rum again, checking for tonscisticity. Next, sift 3 cups pepper or salt (it really doesn't matter which). Sample the rum again. Sift 1/2 pint of lemon juice. Fold in chipped butter and strained nuts. Add 1 bab-blespoon of brown thugar, or whatever color you can find. Mix

(continued)

well; grease oven and turn cake to 350 greedees. Now pour the whole mess into the coven and ake. Check the rum again and go to bed.

CARROT CAKE

Helen McHarney

4 eggs
1 1/2 c. oil
2 c. sugar
2 c. grated carrots
1 1/2 c. crushed pineapple, drained
1 c. chopped nuts
2 c. flour
2 tsp. baking powder
1 1/2 tsp. soda
1 1/2 tsp. salt
2 1/2 tsp. cinnamon

Beat eggs and sugar; add oil and dry ingredients. Add carrots and pineapple. Mix well. Bake at 350°, 35 to 45 minutes.

Cream Cheese Frosting:

1 lg. cream cheese
1 box powdered sugar
1 or 2 tsp. vanilla
A little milk if needed

Mix well and frost cake.

PINEAPPLE CHEESECAKE BARS

Eileen Scherer

Base:

1 c. flour
1/2 c. sugar
1/2 c. soft butter

Filling:

2 T. sugar
8 oz. cream cheese
2 T. milk
1 tsp. vanilla
1 egg
20-oz. can crushed pineapple, drained

Topping:

1 c. coconut
1 T. butter

Heat oven to 350°. In small bowl mix base ingredients to crumbs. Press into bottom of ungreased 13 x 9-inch pan. Bake 10 minutes or until lightly brown. In small bowl beat sugar, cream cheese, milk, vanilla and egg for 3 minutes until smooth. Stir in drained pineapple. Pour over partially baked crust. Combine coconut and 1 tablespoon melted butter and sprinkle over filling. Bake 15 to 20 minutes until filling is set and coconut is golden brown. Cool and cut into bars. Store in refrigerator.

DREAM BARS

Eileen Scherer

Crust:

1/2 c. butter, softened
1/2 c. brown sugar
1 c. sifted flour

(continued)

Mix to crumbly mass. Press into buttered baking pan, 13 x 9 x 2 inches. Bake at 350° for 8 minutes. Cool.

Topping:

2 T. flour
1/4 tsp. salt
2 eggs
1 tsp. vanilla
1/2 tsp. baking powder
1 c. chopped nuts
1 c. brown sugar
1/2 c. shredded coconut

Beat eggs until light; add sugar and vanilla. Then add rest and mix well. Spread over crust and bake 15 minutes. Do not overbake. Cut in squares while warm. 350° oven.

FRENCH NAPOLEONS

R.B.

Sift together 1 cup flour, 1 teaspoon baking powder and a pinch of salt. Add 1/2 cup oleo, 1 beaten egg, 1 teaspoon milk. Roll out or pat into 8 x 8-inch pan. Spread thinly with raspberry jam, 1 large piece of oleo, size of egg, melted, 1 cup sugar, 1 1/2 cups coconut and 1 beaten egg. Bake 25 minutes at 325°, then cut in squares.

THUMBPRINT COOKIES

3/4 c. chopped nuts (set aside)
1/4 c. shortening
1 egg yolk
1/4 c. oleo
1/2 tsp. vanilla
1/4 c. brown sugar

Mix together, then add:

1 c. sifted flour
1/2 tsp. salt

Mix well. Roll in balls the size of a walnut. Beat egg white with a fork. Dip balls in egg white, then finely chopped walnuts. Put 1 inch apart on greased cookie sheet. Press thumb in center of each cookie. Bake at 375° for 5 minutes.

CHOCOLATE CHIP COOKIES

Jan Torgerson

2 c. butter
2 c. sugar
2 c. brown sugar
4 eggs
2 tsp. vanilla
4 c. flour
5 c. oatmeal, blended until it turns to powder
1 tsp. salt
2 tsp. baking powder
2 tsp. baking soda
1 (24-oz.) bag chocolate chips
1 (8-oz.) plain chocolate bar, finely grated
3 c. chopped nuts

Cream butter and sugar; add eggs and vanilla. Mix flour and powdered oatmeal, salt, baking powder and baking soda in separate bowl. Mix with the butter, sugar, egg and vanilla mixture. Add the chocolate chips and grated bar, then the nuts. Make dough into golf ball-sized balls and bake on greased cookie sheet 2 inches

(continued)

apart. Bake at 350° for 8 to 10 minutes. Do not overbake. Makes 112 cookies.

CREAM PUFFS

Eileen Scherer

1/2 c. butter or shortening
1 c. boiling water
1 c. flour
4 eggs

Heat water and butter in saucepan to a boil. Add flour all at once. Stir rapidly until mixture leaves side of pan. Remove from fire. Add unbeaten eggs one at a time. Beat hard after each egg until it looks like mashed potatoes. Drop by spoonfuls on buttered cookie sheet 2 inches apart. The larger the spoonfuls, the larger the puff. Bake at 350° 30 to 45 minutes. Cool, split and fill. **Filling:** 1 Cool Whip, mixed with one package instant vanilla pudding. Make pudding as per package. Fold in Cool Whip **or** whipped cream and fill. Small puffs can be filled with crab, shrimp or chicken salad.

HAWAIIAN COOKIES

Helen McHarney

1 pkg. white or yellow cake mix
1 sm. Cool Whip
1 sm. crushed pineapple, drained
1 c. chopped nuts
1 c. coconut
1 egg, beaten

Mix all together. Sprinkle powdered sugar on waxed paper. Drop dough by spoonfuls on powdered sugar and roll around until covered. Put on greased cookie sheet. Bake at 350° for 12 minutes.

MACAROON FLUFF

8 macaroons, crumbled
1 c. brandy
1 c. sugar
1 qt. whipping cream, whipped

Crumble macaroons and pour brandy over. Let set while you whip cream. Add sugar to whipped cream and macaroons. Spoon into serving dishes. Put in freezer until ready to serve. Chopped up fruit cake may be used instead of macaroons.

SPICE COOKIES - NO EGGS USED

Margarete Anderson

3/4 c. butter or margarine
1/2 c. brown sugar
1/4 c. corn syrup
1/4 c. honey
3 1/4 c. all-purpose flour
1/4 tsp. salt
3/4 tsp. ground cinnamon
3/4 tsp. nutmeg (opt.)
1/4 tsp. ground cloves

In mixer bowl, cream butter or margarine and the brown sugar. Blend in corn syrup and honey. Stir together flour, salt and spices. Add to creamed mixture, mixing well. Shape dough into two 2-inch diameter rolls; wrap and chill. Slice dough 1/8 inch thick. Place on

(continued)

greased cookie sheet. Bake in 350° oven for 12-15 minutes. Cool on rack. Makes 4 1/2 dozen cookies.

SUGAR DROP COOKIES

R. B.

1/2 c. butter or oleo
1/2 c. shortening
1/2 c. sugar
1/2 c. powdered sugar
1 egg
1 1/2 tsp. vanilla
2 1/4 c. sifted flour
1/2 tsp. soda
1/2 tsp. salt
1/2 tsp. cream tartar
Granulated sugar for dipping

Cream oleo and shortening; add sugar. Beat until light and fluffy. Beat in egg and vanilla. Sift dry ingredients and add to creamed mixture; mix well. Chill dough, then shape into 1-inch balls. Place on lightly greased baking sheet. Dip bottom of a glass into sugar and press each cookie. Sugar again and bake at 375° 10 to 12 minutes, or until light brown.

HARVEY WALLBANGER CAKE

Margarete Anderson

1 pkg. orange cake mix
1 box instant vanilla pudding (sm.)
4 eggs
1/2 c. cooking oil
3/4 c. orange juice
2 oz. vodka
2 oz. galliano

Mix everything together and beat as directed on cake box. Bake in greased angel food cake pan at 350° for 45 to 50 minutes.

Glaze (mix together):

1 c. powdered sugar
1 T. orange juice
1 T. vodka
1 T. galliano

Cool cake twenty minutes. Dribble glaze over cake while cake is still warm. If too thick, add more orange juice. **Note:** This is very easy to make and especially for parties or to serve many people. Men like this one.

ITALIAN RUM CAKE

Fruit Salad
Zabaglione
12-oz. pound cake cut into med. thin slices
1/2 c. rum
Fresh strawberries

Fruit Salad:

5 c. prepared fruit in season
1/2 c. chopped candied fruit
2 T. rum
3 T. sugar

Zabaglione:

8 egg yolks
1/2 c. sugar
1/3 c. rum
1 c. whipping cream

Prepare fruit salad by combining fruit and candied fruit, rum and sugar and refrigerate. Prepare zabaglione. In a large bowl or top of double boiler, beat egg yolks and sugar until pale and thick. Put over boiling water. Do not let water boil; gradually add rum. Beat constantly. Continue beating until double in volume and soft and fluffy, 4 to 6 minutes. Remove from heat and set in a bowl of ice water; stir with a whisk until warm. Whip cream and fold into warm mixture. Arrange cake slices in a large glass bowl. Sprinkle rum on each slice. Cover cake with fruit salad. Then with a generous amount of zabaglione. Continue layers until bowl is filled. Refrigerate overnight. Before serving, decorate with fresh strawberries. Serve chilled. 10 to 12 servings.

BON BON CANDIES

Margarete Anderson

1 can Eagle Brand milk
2 c. chopped nuts (walnuts are best)
1/4 lb. butter
1 sm. pkg. flaked coconut
2 pkgs. powdered sugar (2 lbs.)

Mix everything together and roll into small balls. Chill and then dip into:

1 lg. pkg. REAL chocolate chips
1 sm. pkg. REAL chocolate chips
1 1/3 bars of paraffin wax

Melt in double boiler; dip bon bon balls. May store leftover mixture in refrigerator and re-use. This makes nearly 6 pounds of candies if you make small balls.

SUGARED WALNUTS

Margarete Anderson

1 c. sugar
1/2 c. water
1 tsp. cinnamon
1 tsp. salt
1 1/2 tsp. vanilla
4 c. walnut halves or pieces

Cook sugar, water and salt to soft ball stage. Add vanilla and nuts. Stir until mixture becomes creamy; pour onto waxed paper and separate into clusters.

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ORANGE PECANS

2 c. light brown sugar
1/2 c. sweet milk
1 lb. pecan halves
1 T. vinegar
Grated rind of 2 oranges

Combine sugar and milk in saucepan. Add vinegar; boil to soft ball stage. Pour mixture over pecan halves. Add grated rind and stir until nuts are coated. Pour on waxed paper and separate with a fork.

BUTTER CREAMS

1/2 c. butter, softened
1 (16-oz.) pkg. powdered sugar, sifted
2 T. milk
1 tsp. vanilla
1/4 tsp. salt

Combine creamed butter and sugar and beat well. Stir in milk, vanilla and salt. Chill until firm. Shape into 3/4-inch balls. Place candy coating in top of double boiler; bring water to a boil. Reduce heat to low. Cook until coating melts. Dip each candy ball into coating. Remove and put on waxed paper. Cool. Makes five dozen. **Note:** Candy coating and candy dipper may be purchased at candy supply shop.

MILLIONAIRES

1 (14-oz.) pkg. caramels
1 1/2 T. milk
2 c. coarsely chopped pecans
12 oz. chocolate candy coating

Unwrap caramels and combine with milk in a heavy saucepan. Cook over low heat until melted. Stir often. Add pecans; stir well. Drop on waxed paper by rounded teaspoonfuls. Cool; cover and chill. Put candy coating in top of double boiler. When water is boiling, reduce heat to low. When coating is melted, dip caramel centers into coating. Place on waxed paper and cool. Makes four dozen.

BOURBON BONBONS

1/2 c. butter, softened
1/3 c. plus 2 tsp. bourbon
1 1/2 T. milk
7 1/2 c. sifted powdered sugar
1/2 c. finely chopped pecans
2 (12-oz.) pkgs. semi-sweet chocolate bits
3 T. shortening

Combine butter, bourbon and milk. Add sugar and knead until mixture is blended and does not stick to your hands. Knead in pecans. Refrigerate 1 hour. Shape into 1-inch balls; freeze. Combine chocolate bits and shortening in top of double boiler. Bring water to boil, then reduce heat to low. Cook until chocolate melts. Dip each ball into chocolate. Put on waxed paper. Cool and refrigerate. Six dozen.

ROCKY ROAD CANDY

1 (12-oz.) pkg. semi-sweet chocolate bits
1/2 c. butter
1 (10-oz.) pkg. reg. miniature marshmallows
1 c. finely chopped pecans or walnuts

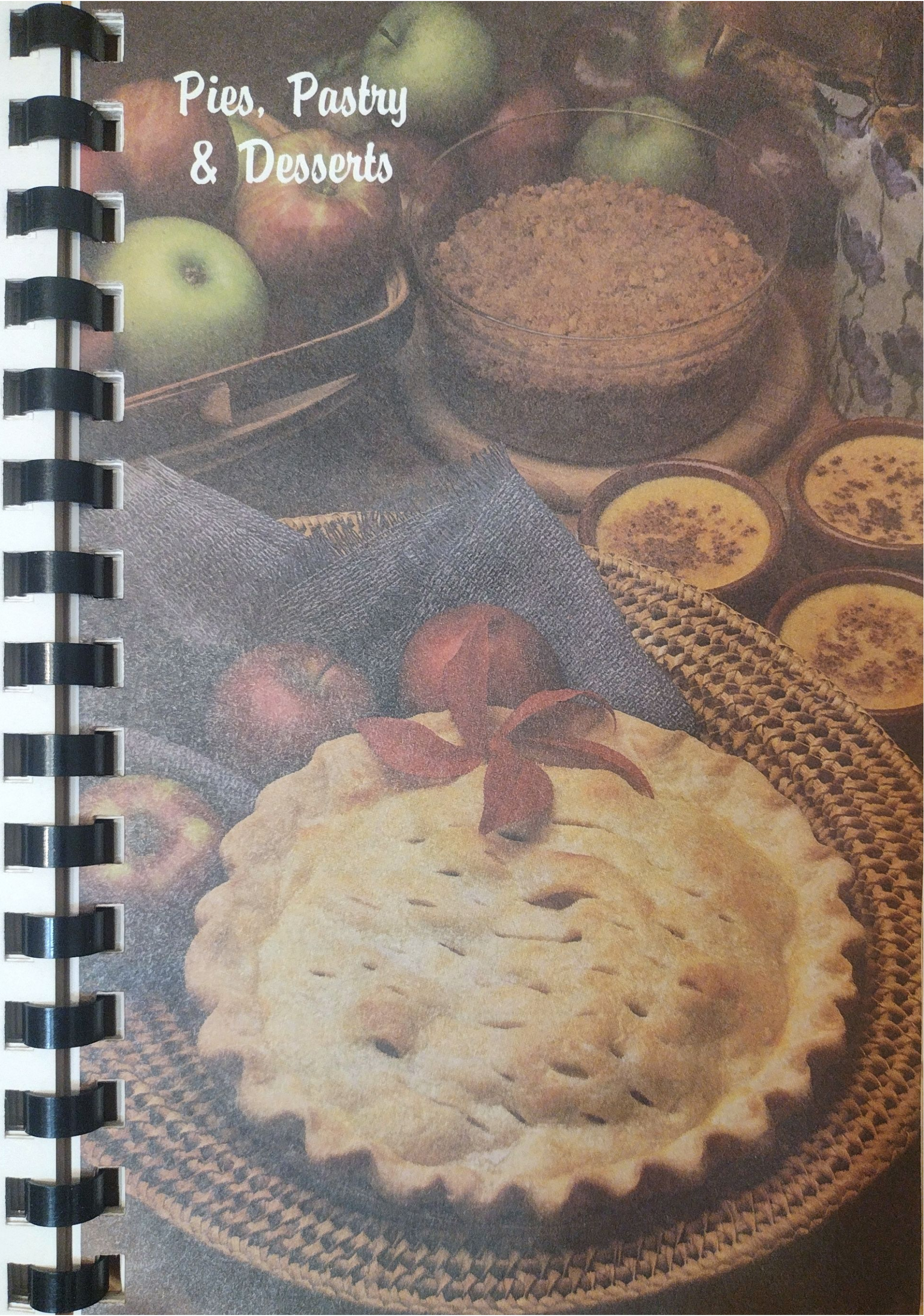
Combine chocolate and butter in top of double boiler. Bring water to a boil and reduce heat to low. Cook until chocolate melts. Cool to lukewarm. Stir in marshmallows and nuts. Shape into 2 rolls 2 inches in diameter. Chill; slice into 1-inch slices. About three dozen.

Recipe Favorites

Recipe Favorites

CAKES COOKIES CANDY

Pies, Pastry & Desserts



Woman's Work is Never Done....

DO stalk the ants in your pantry, and seal off cracks where they are entering with putty or petroleum jelly. Try sprinkling red pepper on floors and counter tops.

ROACH POISON: Sprinkle or dust it (using a narrow-spouted plastic squeeze bottle) into moldings and crevices. This kills them slowly (6 days or longer) but surely. They will not develop a resistance to it. Boric acid is not absorbed by your skin or inhaled, but it is poisonous if eaten. Use 2 parts flour, 1 part boric acid powder, and ½ part sugar. Mix well or sift.

REFINISH ANTIQUES OR REVITILIZE WOOD: Use equal parts of: linseed oil, white vinegar, and turpentine. Rub into furniture (or wood) with soft cloth and lots of elbow grease.

Rub wax along sliding doors, windows, wooden drawers that stick for ease in sliding.

A simple polish for copper bottom cookware is: equal portions of flour and salt made into a paste with vinegar. Keep in refrigerator.

Anti-freeze poured into the metal slide on your glass door helps prevent ice from forming.

Fabric softener sheets: cut 8-inch squares of pellon and dip in solution of half water, half liquid fabric softener and squeeze out. Reuseable, just dip again.

Iron cleaner: baking soda on a damp sponge will remove starch deposits. (Cold iron.)

Washing soda in the wash will remove stale odors. Baking soda can be used but is expensive.

An old toothbrush is handy for cleaning beaters, graters, etc.

To clean Teflon: combine 1 cup water, 2 tablespoons baking soda, ½ cup liquid bleach and boil in stained pan for 5-10 minutes or till stain disappears. Wash, rinse and dry, condition with oil before using pan again.

A little instant coffee will work wonders on your furniture. Just make a thick paste of your favorite instant and a little water, and rub it into the nicks and scratches on your dark wook furniture. You'll be overjoyed at how new and beautiful those pieces will look.

PINEAPPLE COCONUT PIE

1 (20-oz.) can crushed pineapple
1 (8-oz.) cream cheese, softened
1 c. coconut
1/4 c. sugar
1 (3 1/2-oz.) instant vanilla pudding
1 tsp. rum and vanilla

Drain pineapple and reserve juice. In a bowl beat cream cheese and sugar until smooth; add pineapple juice, vanilla and rum. Blend and add pudding; beat two minutes more. Stir in pineapple and coconut. Pour into graham cracker crust and chill 4 hours.

DUMP CAKE

Margaret Anderson

1 can (20-oz.) crushed pineapple with juice
1 can cherry or apple pie filling
1 pkg. yellow cake mix
1 stick (1/2 c.) butter
Pecans for garnish

Spread pineapple evenly in greased 9 x 13-inch pan. Spread pie filling over pineapple; sprinkle dry cake mix over mixture in pan. Place thin pats of butter and streak pecans over top. Bake in 375° oven for 48 to 53 minutes. **Note:** A man used to bring this to office parties.

TEXAS PIE

3 whole eggs
2 c. sugar
2 T. flour
2 T. cornmeal
1 tsp. vanilla
1 sm. can crushed pineapple
Juice of 1 med. lemon
1 c. flaked coconut
1 stick margarine, melted

Beat eggs; mix sugar, flour, cornmeal and add to eggs. Add other ingredients; add melted margarine last. Pour into unbaked pie shell. Bake 5 minutes at 425°, then at 325° for an hour or until filling is set.

PIE CRUST (Enough for Two Pies)

3 c. flour
1 1/4 c. shortening
5 T. water
1 egg, beaten
1 tsp. vinegar
Dash salt

Add salt to flour; cut in shortening. Beat egg; add water and vinegar. Add to flour mixture. Stir; roll out and enjoy! **Note:** Given to Tami Howard by co-worker Kitty.

IMPOSSIBLE PUMPKIN PIE

Betty Bufton

1/2 c. melted butter, cooled
4 eggs
1/2 c. sugar
1/4 c. brown sugar
3/4 c. biscuit mix
1 1/2 tsp. vanilla
1 can evaporated milk (13-oz.)
1 can (16-oz.) pumpkin
3/4 tsp. cinnamon
1/2 tsp. ginger
1/2 tsp. nutmeg
Dash salt

Place butter, eggs, sugar, brown sugar, biscuit mix, vanilla, evaporated milk, pumpkin, cinnamon, ginger, nutmeg and salt in mixer bowl. Beat on medium speed for 3 minutes. Pour into a well-greased 10-inch pie plate or two 8-inch pie plates. If you have any left over, fill custard cups. Bake in preheated oven, 350°, for 30 to 35 minutes until a knife inserted halfway between center and edge of pie comes out clean. Serve warm or chilled. **Note:** This is a no-crust pie and very good and easy.

CHOCOLATE CHIP PIE

Cindy La Due

2 eggs
1/2 c. flour
1/2 c. sugar
1/2 c. brown sugar, packed
1 c. butter, melted and brought to room temp.
6 oz. chocolate chips
1 c. chopped walnuts

Beat eggs until foamy. Add flour, sugars; mix until smooth. Add chips and nuts. Stir; pour into unbaked pie shell. Bake at 325° for 1 hour. Serve warm with whipped cream or ice cream.

DERBY DAY JOCKEYS REWARD PIE

Helen McHarney

9 eggs, beaten
3 c. firmly packed brown sugar
1 1/2 c. light corn syrup
1/4 c. plus 2 T. flour
1 1/2 tsp. vanilla
3 c. chopped walnuts
3 c. semi-sweet chocolate morsels
3 unbaked pie shells
3 c. whipping cream, whipped

Combine first four ingredients; beat well. Stir in vanilla. Sprinkle walnuts and chocolate morsels into pie shells. Pour egg mixture over nuts and chocolate. Bake at 425° for 10 minutes. Reduce heat to 350°; bake 30 minutes. Cool. Garnish with dollops of whipped cream. Three 9-inch pies.

CHERRY CHEESE PIE

Lucille Gray

1 (9-inch) graham cracker crumb crust or baked pie crust
1 (8-oz.) pkg. cream cheese, softened
1 (14-oz.) can Eagle Brand sweetened condensed milk (not evaporated)
1/3 c. ReaLemon lemon juice from concentrate
1 tsp. vanilla extract
1 (21-oz.) can cherry pie filling, chilled

In a large bowl, beat cheese until fluffy. Gradually beat in sweetened condensed milk until smooth; stir in ReaLemon juice and vanilla. Pour into prepared crust. Chill 3 hours or until set. Top with desired amount of pie filling before serving. Refrigerate leftovers.

CINNAMON APRICOT IN CREAM

Lucille Gray

1 lg. apricots, unpeeled
1/3 c. sugar
1/2 c. water
1/2 tsp. ground cinnamon
1/4 c. heavy cream or whipped cream

Preheat oven to 375°. Halve and remove seed from apricots. Place in 1-quart casserole. In small bowl, combine sugar, water and cinnamon. Pour over fruit. Bake 20 minutes or until apricots are tender. Pour on cream and bake 5 minutes more.

BANANA SPLIT PIE

Cassie Lindsey

Beat together until smooth:

2 (8-oz.) cream cheese
3 eggs
1-lb. pkg. powdered sugar

Spread in 2 x 9-inch graham cracker crust or 13 x 9 x 2-inch casserole with cracker crust in bottom. Chill in freezer 10 minutes. Then spread with 1 can drained pineapple. Add layer of bananas; top with large Cool Whip, then chopped nuts and add maraschino cherries. Cool several hours or can be frozen until one hour before serving.

Graham Cracker Crust:

20 graham crackers, crushed
1/4 c. sugar
1/2 c. butter, melted

Use 10-inch pie plate or long Pyrex dish. Bake 10 minutes at 350°.

SIN PIE

Given to Jeannie Kiback
By Emily Cole

1 sack finely chopped nuts
2 pkgs. cream cheese
1 lg. Cool Whip
3 pkgs. instant pudding mix
1 1/2 cubes butter
1 1/2 c. flour
3 c. milk (to 3 1/2 c.)
13 x 9-inch baking pan

(continued)

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Melt butter and flour and nuts; press into pan evenly. Bake until golden brown. Do not scorch. Set aside to cool. Beat cream cheese with 1/4 sugar until smooth. Fold in 1 1/2 cups Cool Whip. Spread over crust. Prepare pudding as per package with 3 1/2 cups milk. Pour over cream cheese mixture. Repeat until mixture is used up. Chill overnight. Top with rest of Cool Whip before serving. Top with shredded chocolate or chopped nuts. Cut into squares. Serves 15.

LEMON PIE

Sarah Koon

3 c. water
1/3 c. cornstarch
1 1/2 c. sugar
3 egg yolks
1/2 c. lemon juice
3 T. butter

Boil water; add sugar and cornstarch. Cook until very thick. Add beaten egg yolks and sugar. Pour into baked pie shell. Beat whites stiff; cover top of pie and brown.

MOCHA FROSTING

Sarah Koon

Cream:

1/3 c. butter

Stir in:

1/4 c. cocoa
1 tsp. instant coffee
1 tsp. vanilla
1/4 tsp. salt

Blend in:

1 1/2 lbs. or 4 1/2 c. sifted confectioners' sugar
7 or 8 T. hot milk

Add hot milk until spreading consistency. If necessary, put in a few drops milk.

GOLDEN DREAM PIE

Helen McHarney

3 eggs
1 env. Knox gelatin
1/3 c. sugar
Pinch salt
3/4 c. orange juice
2 T. grated orange peel
1/4 c. Galliano
1/4 c. Cointreau
1/4 tsp. cream of tartar
Pinch salt
1/4 c. sugar
1 c. heavy cream, whipped
1 (9-inch) baked graham cracker pie crust
Coconut flakes

Separate eggs. In saucepan combine orange juice and gelatin. Stir well. Add 1/3 cup sugar, salt and egg yolks. Stir well. Cook over low heat until gelatin is dissolved. Do not boil. Add Galliano, Cointreau to orange juice. Refrigerate 1 hour until thickened. To egg whites, add cream of tartar, salt, 1/4 cup sugar. Beat to peaks. Fold in half whipped cream and thickened gelatin. Pour into pie crust and

(continued)

sprinkle with coconut. Put rest of whipped cream around edge of pie.

ANZAC BISCUITS

Given to Tami Howard
By Norma Rehrer

1 c. rolled oats
3/4 c. coconut
1 c. flour
1 1/2 tsp. soda
2 T. boiling water
1 c. sugar
1/2 c. butter
1 T. golden syrup

Mix oats, flour, sugar and coconut together. Melt syrup and butter together. Mix soda with boiling water and add to dry ingredients. Place 1 large dessert spoon of mixture on greased cookie sheet. Bake in slow oven 20 minutes at 275°.

TURTLE TARTLETS

Submitted by Tami Howard
Compliments of The Coffee Tree Restaurant
Vacaville

Crush Oreo cookies in bowl. Put in small pot pie tin, pressing firmly. Add scoop of vanilla ice cream. Place in freezer until ready to serve. To serve, pour equal amounts of hot fudge and butterscotch ice cream topping over entire tartlet and top with salted peanuts and serve. Delicious!

APPLE FRITTERS

Eileen Scherer

4 c. flour
1 T. baking powder
1 tsp. cinnamon
Dash nutmeg
1 tsp. salt
6 eggs, beaten
1 T. vanilla
Enough cider or milk to make a very thick batter
6 c. coarsely chopped apples

Combine flour, salt, baking powder and spices. Make a well. In well add eggs, vanilla and liquid. Mix until smooth. Don't overbeat. Batter should be like muffin batter. Fold in apples; drop by tablespoon into hot oil, 375°. When fritters rise to top of oil, turn with tongs and brown opposite side. Drain on paper towel. Sprinkle with powdered sugar or cinnamon sugar. Makes 4 dozen.

GLORY HALLELUJAH

Jan Torgerson

1 1/2 c. crumbled soft macaroons or 3/4 c. macaroons
3/4 c. crumbled fruitcake
1/2 c. sugar
1/2 c. cognac or tia maria
2 c. heavy cream
16 cherries for garnish

Combine macaroons, fruitcake, sugar and cognac in a medium mixing bowl. Let stand 30 minutes. Stir occasionally. Whip cream to soft peak and fold into macaroons. Spoon into 16 paper-lined muffin pans. Freeze until firm. Let stand 10 minutes before serving. Garnish with cherries.

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PEANUT BLOSSOMS

Jan Torgerson

Sift:

3½ c. flour
2 tsp. soda
1 tsp. salt

Cream:

1 c. butter
1 c. peanut butter

Add:

1 c. sugar
1 c. brown sugar
2 eggs
2 tsp. vanilla
4 T. milk

Shape into balls; roll in sugar and bake at 350° for 8 minutes. Remove from oven and put a chocolate kiss on each cookie and bake five minutes longer.

HOW TO COOK HUSBANDS

A good many husbands are entirely spoiled by mismanagement. So are not tender and good. Some women go about it as if their husbands were bladders and blow them up all the time. Others keep them constantly in hot water. Others freeze them by carelessness and indifference. Some keep them in a stew by irritating ways and words. Others roast them. Some keep them in a pickle all their life. It cannot be supposed that all husbands will be tender and good managed this way. But they are delicious when properly treated. In selecting your husband you shouldn't be guided by silvery appearance, as in buying mackerel, nor by the golden tint as in buying salmon. Be sure to select him yourself. Do not go to market for him. It is far better to have none unless you will patiently learn how to cook him. A kettle of finest porcelain is best. See that the linen in which you wrap him is nicely washed and mended with buttons sewed on. Tie him in a silken cord of comfort. Husbands are apt to fly out of kettle and be burned and crusty on edges. Make a clear, strong fire of love, neatness and cheerfulness. Set your husband near to this as it agrees with him. If he sputters and fizzes, do not be anxious. Add a little sugar called kisses but no vinegar or pepper. A little spice improves him. Stir gently. If thus treated he will be agreeing and digestible. He will keep as long as you want unless you become careless and set him in a cold place.

FAST CHERRY DESSERT

Jane Hignight
Aux. President

1 c. milk
1 pt. sour cream
1 pkg. instant vanilla pudding
1 can cherry pie filling

Mix milk and sour cream together. Add pudding mix and stir. Alternate layers of pudding and pie filling in parfait glasses. Serves 6.

QUICK AS A WINK CAKE

Jane Hignight
Aux. President

1 (21-oz.) can pie filling
1 Jiffy cake mix
1 cube butter, melted

Pour pie filling into greased 8-inch square cake pan. Cover with cake mix. Top with melted butter. Bake at 350° for 40 minutes. Serves 8.

CREAM DELIGHT

Jolene Perez

Cut sponge cake into small pieces. One carton Cool Whip, fruit cocktail. Mix and put over cake. Top with cherry. Makes a quick dessert.

ICEBOX SURPRISE

Neurion Rbce

1 graham cracker crust or vanilla wafers
1 sm. can lemonade (condensed)
1 lg. Cool Whip
1 can Eagle Brand milk

Whip all together and pour into crust. Top with cherries or fruit of your choice. Put in refrigerator to set.

BLUEBERRIES IN COINTREAU

2 c. fresh blueberries, washed and drained
1/4 c. cointreau or other orange liqueur
1/2 c. whipping cream
2 T. powdered sugar

Place 1/2 cup berries in each of 4 stemmed glasses. Pour 1 tablespoon cointreau over berries in each glass. Beat whipping cream, adding powdered sugar until soft peaks form. Top each serving with the whipped cream.

CHERRIES JUBILEE

1 lb. frozen sweet cherries
3 T. sugar
1 T. cornstarch
1/2 tsp. grated orange rind
1/2 c. orange juice
1/2 c. water
1/4 c. brandy
Vanilla ice cream

Partially thaw cherries; set aside. Combine sugar, cornstarch and orange rind in a saucepan. Stir in orange juice and water; bring to a boil, stirring constantly. Add cherries and reduce heat. Simmer 10 minutes, stirring gently. Transfer cherry sauce to chafing dish or flambe dish and keep warm. Place brandy in a long handled saucepan. Heat until just warm. Ignite with long match; pour over cherries. Serve at once over ice cream. 4 to 6 servings.

CHERRY CORDIAL DESSERT

4 (1-oz.) sq. semi-sweet chocolate, finely grated
1 c. maraschino cherries, halved
1/2 c. pecans, chopped
1/2 gal. vanilla ice cream, softened
1/4 c. creme de cacao

Gently combine all but creme de cacao; spread into 9-inch spring-form pan. Cover and freeze until firm. To serve, slice and spoon creme de cacao over each slice. 10 servings.

LEMON LUSH DESSERT

Cassie Lindsey

1 c. margarine
1 1/4 c. flour

Cream together and add:

3/4 c. chopped nuts

Press into 9 x 13-inch pan. Bake at 350° for 15 minutes. Cool.

1 (8-oz.) cream cheese
1 c. powdered sugar

Cream together and fold in 1/2 carton Cool Whip. Spread over first layer.

2 pkgs. instant pudding mix
3 c. milk

Beat until thick and spread over cream cheese layer. Frost with remaining Cool Whip. Refrigerate 24 hours. Will keep several days. Use lemon, butterscotch, chocolate pudding; any flavor is good.

Potpourri

Vinegar can remove spots caused by tomatoes. Soak spot with vinegar and wash as usual.

To freshen your dishwasher run it on rinse with some baking soda.

Drops of oil of cinnamon, cotton balls soaked in your favorite perfume or disinfectant will leave room smelling fresh after you vacuum.

Things to keep in the kitchen: a ruler, scissors, small hammer, flashlight, candle and matches, and tape.

Egg whites need to be room temperature for greater volume when whipped.

To freeze eggs: Spray ice cube trays with oil. Beat eggs and add ¾ teaspoon sugar and ¼ teaspoon salt for every ½ dozen. Pour into trays and freeze firm. Store in airtight containers in freezer. One cube equals one egg.

A leaf of lettuce dropped into the pot absorbs the grease from the top of the soup. Remove the lettuce and throw it away as soon as it has served its purpose.

Use steel wool covered with fabric for a pin and needle sharpener.

Attach curtain rings on drawstring ties and the ties won't come out.

Separate 2 glasses by filling the inside one with cold water and setting the other in hot.

Have you heard: A wife can throw out with a spoon what it takes a man to bring in with a shovel! Use of a spatula can save some hard earned money.

Old Amish Proverb: Eat it up, wear it out, make it do, or do without!

Organize coloring books and crayons with a dish drainer.

For quick and handy seasoning while cooking, keep on hand a large shaker containing six parts of salt and one of pepper.

Line crockpot with foil for easy clean up.

Measure shortening easily by using measure twice the size needed. Pour in equal amount of very cold water and drop shortening in by spoonfuls to twice the measure.

Before scalding milk, rinse pan with cold water for easy clean up.

THIS & THAT

VINEGAR TAFFY

2 c. sugar
1/2 c. white vinegar
3 T. butter

Mix sugar and vinegar. Cook 5 minutes. Add butter and cook to 270° on candy thermometer. Pour onto buttered platter to cool. When cool enough to pull, butter hands and pull in a rope from hand to hand until white and almost solid. Cut in inch pieces.

RED PEPPER JELLY

4 to 5 lg. red bell peppers, seeded
5 1/2 c. sugar
3/4 c. white vinegar
1/4 c. pepper juice
1/3 c. fresh lemon juice
1 bottle liquid pectin

Chop peppers in grinder or processor; strain. Press lightly. Measure 2 full cups ground peppers and 1/4 cup pepper juice, sugar and vinegar in a 4-quart pan. Bring to a boil. Remove from heat and let stand 15 minutes. Reheat to a boil; add lemon juice and boil 1 minute. Add pectin and boil 3 minutes. Skim off foam. Pour into jars. Makes 7 1/2 pints. It is even better if you add one ground jalapeno pepper.

RICE HOT CAKES

Betty Bufton

1 c. cooked rice
1 egg
Salt and sugar
1 c. flour
1 tsp. baking powder
Milk

Mix and make cakes.

Meat Sauce:

Hamburger
Flour
Onion
Salt and pepper
Milk

PEANUT BUTTER BALLS

Margarete Anderson

1 lb. butter, melted
4 c. peanut butter (36 oz.)
2 (16-oz.) boxes powdered sugar

Mix together and roll into one-inch balls. Chill in refrigerator. Melt one cake of paraffin wax and 3 (1-pound) bags of real chocolate chips. Dip balls into chocolate mix and place on waxed paper and chill briefly. These candies are wonderful and taste like Reese peanut candies.

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ZUCCHINI BREAD

Don (Torgy)Torgerson

3 eggs
1 c. oil
2 c. sugar
2 c. zucchini, grated
2 tsp. vanilla
1/2 c. raisins
1/2 c. chopped dates
2 c. flour
1 tsp. salt
1 tsp. soda
1 1/4 tsp. baking powder
2 tsp. cinnamon
1/2 c. chopped nuts

Mix well; pour into 9 x 13-inch greased and floured pan. Bake at 350° for 50 to 60 minutes.

MOCK ABALONE

Wilma Robeson

Tenderize 1 chicken breast for each person; remove skin and bone. Soak in a glass dish with enough clam juice to cover. Put in refrigerator for 48 hours. Roll in flour or bread crumbs. Fry in deep oil. Season with salt, pepper and garlic if desired.

CHEESE DISH

Opal Wentz

1 c. grated American cheese
1 c. bread crumbs
2 eggs, beaten
1 c. milk
2 T. butter
Pepper

Blend all ingredients; pour into buttered casserole. Bake until brown. Add paprika before serving.

RHUBARB JAM

R. B.

5 c. rhubarb, cut up
3 c. sugar
1 (3-oz.) pkg. strawberry Jello

Mix rhubarb and sugar and refrigerate overnight. In morning, put in a saucepan and boil 12 minutes; stir often. Take from heat and stir in Jello. Put in jars and seal. Makes four 1/2-pints.

BRANDIED PEACHES

Arrange 6 brandied peach halves, pitted side up, on a buttered baking sheet. Fill each half with mincemeat. Top with 1 teaspoon butter. Drizzle 1 tablespoon honey on each half. Bake at 350° 10 minutes. Serve with pork or chicken.

CANNED WALNUTS

R. B.

Put shelled dry walnuts in a clean, dry quart or pint jars. Screw canning rings and lids on tight. Put in 200 oven for 40 minutes.

PICKLED GREEN PEPPERS

R. B.

Bring to a rolling boil:

1 c. cider vinegar
1 c. sugar
Mustard seed and celery seed

Cut green peppers into cubes and put in syrup and bring back to a rolling boil. Put in jars and seal.

AUNT MARIE'S PICKLES

R. B.

Buy 1 jar of dill pickles (46-oz.), not kosher

Boil for 5 minutes:

3 c. sugar
1 1/2 c. vinegar

Put aside and cool completely. Drain and rinse pickles. Slice like bread and butter pickles. Put back into jar. Cover with sugar and vinegar. Seal jar and put in refrigerator. Turn jar upside-down every day for 7 days.

REFRIGERATOR PICKLES

Margarete Anderson

1 c. vinegar
1 c. sugar
6 c. sliced cucumbers
3 tsp. salt
Mustard seed
Celery seed
Sliced onion (opt.)

Heat vinegar, sugar, salt, etc. and pour over cucumbers. Put in a crock or other container and keep in refrigerator. **Note:** One year before my mother died, Ye Old Chaplain Andy and my mother made several batches of these. Andy couldn't stay out of them.

SEE'S FUDGE

Steve Hignight
Post Commander

1 (12-oz.) pkg. chocolate chips
1/2 c. butter
2 eggs
1 lb. powdered sugar
1/2 tsp. vanilla
1 c. chopped nuts

Melt chocolate chips and butter in double boiler. Put eggs, powdered sugar and vanilla in bowl and heat. Add to chocolate mixture, then add nuts. Put in 9 x 9-inch greased pan and allow to set.

ORANGE JULIUS

Jane Hignight
Aux. President

1/4 c. concentrated orange juice
1 egg
1 c. milk
1 c. water
1/2 c. sugar
1 tsp. vanilla

Blend in blender with crushed ice. (It tastes like the real thing.)

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ITALIAN SALT CURED GREEN OLIVES

Robert (Bob) Hawkins

Enough green olives to fill a gal. jug or jar with a lid

Mixture:

1 lb. salt (any kind) to 1 gal. water

Wash olives; place in jar up to two inches from top. Cover with mixture, tighten lid and store for a year or longer. Then open and enjoy! Wide mouth jar works best.

SOURDOUGH STARTER

Dissolve one package of yeast in 1 1/2 cups lukewarm water. Then mix in 1 1/2 cups white flour and 1 tablespoon sugar. Put in a crock or glass jar with lid, in a warm place for 4 to 7 days. Stir two times a day. When tart and bubbly, refrigerate. Each time you use, remove from refrigerator the night before. Put in a large bowl and stir in 1 cup flour and 1 cup water. Cover and let stand overnight. Next day stir in 1/2 cup flour and 1/2 cup water, 1 teaspoon sugar. After you have taken out what you need for your recipe, put starter back in crock and refrigerate. Do not seal; use loose lid.

CATFISH BAIT

Helen

1 onion
Water
1 c. flour
1 c. yellow cornmeal
1/2 c. oatmeal
1/4 c. Cheez Whiz
1 tsp. sugar
Cold water

Boil the onion in a large saucepan until soft, 15 to 20 minutes. While onion is cooking, mix the rest of the ingredients, adding enough water to thicken and hold mixture together. Knead until smooth; roll the dough in tiny balls, about like a small grape. Remove onion from saucepan and drop balls into water. Boil until balls start to float. Take out of onion water and put on a plate to harden. This bait will keep for days. To freshen, cover with a damp cloth. Makes 5 or 6 dozen. The fish love them, so good fishing!

ZUCCHINI BREAD & BUTTER PICKLES

Margarete Anderson

1 qt. vinegar
2 c. sugar
1/2 c. salt
2 tsp. celery seed
2 tsp. turmeric
1 tsp. ground mustard
1 qt. sliced onions
4 qts. sliced unpeeled zucchini - use small ones

Bring vinegar, sugar and spices to a boil; pour over squash and onions. Let stand one hour. Bring to a boil and cook 3 minutes.

(continued)

Pack in hot, sterilized jars. Seal at once. Process in hot boiling water bath for 5 minutes. Makes 6-7 pints.

HUSH PUPPIES

Cat-Fish

1 1/2 c. white cornmeal
1/2 c. sifted flour
2 1/2 tsp. baking powder
1 tsp. salt
1/4 tsp. finely ground pepper
1/3 c. finely chopped onion
1/2 c. milk
1 egg
3 T. oil
Fat for deep frying

Sift dry ingredients together. Add remaining ingredients and stir only until blended. Drop by tablespoons into deep fat heated to 350° and fry 2 to 3 minutes or until golden brown. Drain on absorbent paper. Makes 18 hush puppies.

SALAMI

Margarete Anderson

5 lbs. lean hamburger
1/4 c. Morton Tender Quick salt

Mix well and refrigerate overnight.

Add:

2 T. liquid smoke
2 tsp. garlic powder (not garlic salt)
2 tsp. coarse-ground black pepper

Mix well. Divide into two parts. Form into firm rolls, as if you were making cookie dough. Place each roll in a plastic bag and refrigerate for 24 hours. Take out of bags; place on wire rack in a pan and bake at 200° for 6 hours. Wrap in paper towels to absorb grease. Cool; wrap in foil and refrigerate or freeze. **Note:** My mother used to make this for special times and it is really good.

RHUBARB JAM

R. B.

5 c. rhubarb, cut up
3 c. sugar
1 (3-oz.) pkg. strawberry Jello

Mix rhubarb and sugar and refrigerate overnight. In the morning, put in a saucepan and boil 12 minutes, stirring often. Take from heat and stir in Jello; put in jars and seal. Makes 4 half pints.

BRANDIED PEACHES

R. B.

Arrange 6 brandied peach halves, pitted side up on a buttered baking sheet. Fill each with mincemeat. Top with 1 tablespoon butter. Drizzle 1 tablespoon honey on each half. Bake at 350° for 10 minutes. Serve with pork or chicken.

NEW ZEALAND PIKELETS

Helen McHarney

2 eggs
1/2 c. sugar

(continued)

Beat together. Warm 1 tablespoon butter and 1 teaspoon Karo syrup and beat into eggs. Beat in scant teaspoon baking soda.

Beat in:

1 1/2 c. flour
2 tsp. cream tartar with scant c. milk

Mix well. Grease iron frying pan slightly with butter. Drop by spoonfuls and turn like pancake. Frost with powdered sugar and butter frosting. Eat warm or at least fresh. **Note:** Years ago a volcano blew in New Zealand. It left seven lakes with small towns around them and high hills. Friends took my husband and me up to the top to see it all. No matter what, tea time is ten o'clock and four o'clock, so when the women said let's set tea, I wondered how. In a flash they had a tablecloth on the ground and meat pies and half dozen things spread along with tea. One thing they passed was pikelets. They looked like cold pancakes to me so I passed. One woman said oh, you must try our pikelets; so not to hurt her feelings, I did. The rest of the trip pikelets were the first thing I asked for. But I can't make them. Sam says our flour is too refined. If you can, tell me how.

KARETHOPETA

6 eggs
2 c. sugar
2 c. chopped walnuts
1 (6-oz.) pkg. zwieback toast slices, crushed
2 tsp. baking powder
1/2 tsp. cinnamon
1/2 tsp. salt
2 tsp. vanilla
1 c. water
1/2 c. whipping cream, whipped

Combine eggs and one cup sugar; beat well. Combine walnuts and zwieback, baking powder, cinnamon and salt in medium-sized mixing bowl. Add egg mixture and stir well; add vanilla. Mix well. Pour batter into greased and floured 8-inch square pan. Bake at 325° for 40 minutes. Cool in pan. Combine remaining cup sugar and water in small saucepan. Bring to boil; reduce heat and simmer ten minutes. Pour hot syrup over cool cake. Cut in squares and serve with whipped cream. Yield: 16 servings.

IRISH MINT DESSERT

1 can (29-oz.) sliced pears, drained (save syrup)
1/3 c. green creme de menthe
2 env. Knox gelatine
1 c. sour cream
1/3 c. sliced almonds

Marinate pears in cream de menthe. In saucepan sprinkle gelatin over cup of syrup from pears; heat until dissolved. Add water to make 1 1/2 cups. Add sour cream. Chill until slightly set. Fold in pears and creme de menthe. Pour into mold and set. Serve with whipped cream if you wish.

FRIED CHEESE

Cut sharp cheddar into 1/4-inch cubes. Heat no stick fry pan and drop cheese two inches apart. Cheese will melt into a lace effect. Remove to serving dish. Great with cocktails or beer.

IRISH TEA BRACK

1/2 c. dried peaches, chopped
1/2 c. dried apricots, chopped
1/2 c. dried prunes, chopped
1 c. hot strong tea
1 c. sugar
1 egg, beaten
1 T. orange marmalade
1 tsp. pumpkin pie spice
1 3/4 c. self-rising flour
Butter

Combine dried fruit and tea in large bowl and let stand overnight. Add next three ingredients. Stir well; gradually add flour. Mix well. Spoon batter into 9-inch square pan and bake at 350° for 35 minutes. Cut into squares. Serve with butter. 10 servings.

HOT IRISH

1 c. hot water
2 1/2 T. Irish whiskey
1 tsp. brown sugar
1 lemon slice studded with cloves

Combine all ingredients and serve in a mug.

CHINESE FRIED RICE

3 c. cold cooked rice
2 eggs
1/4 tsp. salt
1/2 T. sherry
2 T. oil
4 scallions, cut into 1/2-inch pieces
1/2 c. diced roast Chinese pork
1/2 c. diced cooked smoked ham
1/2 c. cooked peas
2 T. chicken broth
1 T. soy sauce

Separate the grains of rice with a fork. Lightly beat eggs, salt and sherry. Heat oil in a wok. Add the scallions, pork and ham and stir-fry 1/2 minute. Add rice and stir-fry until each grain is coated with oil. Add peas and pour in egg mixture. Stir until egg is nearly set. Add chicken broth and soy sauce; stir until well mixed. Serve immediately.

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CHINESE SLAW

1 (8-oz.) can French-style green beans, drained
1 (3-oz.) can sliced mushrooms, drained
1 diced pimiento
1 (16-oz.) can Chinese vegetables, drained
1 (8 1/2-oz.) can English peas, drained
1 (6-oz.) can water chestnuts, drained and sliced
1 1/2 c. celery, diced
1 onion, sliced and ringed
3/4 c. sugar
3/4 c. vinegar
Salt and pepper to taste
Accent

Combine all vegetables in glass container. Heat sugar and vinegar and pour over vegetables. Add salt and pepper and dash of Accent. 8 to 10 servings.

LOUISIANA CHERRY BOUNCE

2 qts. cherries, washed and stemmed
3 c. white sugar
1 qt. bourbon

Put cherries in a gallon crock. Add sugar and stir. Cover with a cloth. Stir every day. Let stand for two weeks. Then add one quart of bourbon. Let stand overnight, then strain into jars and seal, but not too tight. Let set a while, then eat. "Ha"

USEFUL HINTS

H. McHarney

A darling little Italian lady I knew made the best vegetable soup in the world. She said always add 1/4 teaspoon ground cloves to any vegetable soup. It does wonders.

A man who cooked the best beans said always add a teaspoon cumin to any kind of beans you cook.

A gourmet cook added a small package of cream cheese to mashed potatoes if she needed to stretch the amount at the last minute.

When baking bread, a small pan of water in the oven will help to keep the crust from getting hard.

Heat lemons well before using and there will be twice the quantity of juice.

1/4 teaspoon soda added to cranberries while cooking and they will require much less sugar.

Too much salt in the soup? Add teaspoon sugar or few slices raw turnip or grated raw potato. It will neutralize salt.

Put a vanilla bean in a jar of sugar with a tight lid. Let it set for a couple days. Sugar smells good and tastes good on anything you put sugar on.

DEAR ABBY'S COMPANY CRAB OR LOBSTER BISQUE

1 c. fresh or frozen crab or lobster, cooked and drained
Dry sherry, not cooking sherry
10-oz. can cream of mushroom soup
10-oz. can cream of split pea soup
1 pt. 1/2 and 1/2

In small bowl marinate crab in enough sherry to cover. In a double boiler combine soups and 1/2 and 1/2. Heat but do not boil. Add crab meat; heat through. Serve at once. 4 servings.

TAMALE BALLS

1 lb. ground beef
1 1/2 c. cornmeal
1/2 c. flour
1 T. chili powder
1 lb. ground pork
3/4 c. tomato juice
4 cloves garlic
2 tsp. salt

Mix beef and pork well; add rest of ingredients. Mixture will be dry. Form into marble-sized balls. Cook in sauce of 5 cups tomatoes, mashed, 1 tablespoon chili powder and 2 teaspoons salt. Simmer until done.

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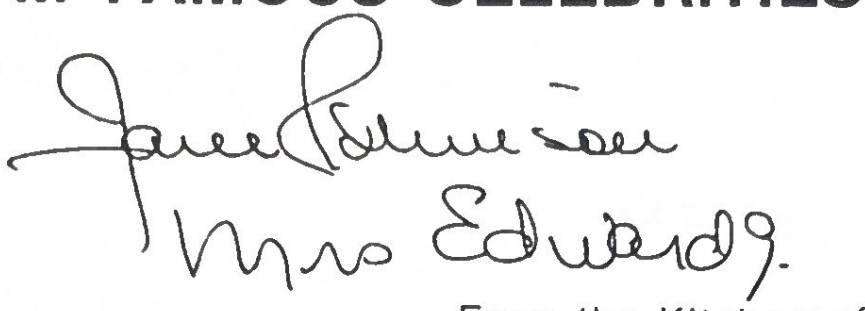
Recipes from Famous

Celebrities

RECIPES FROM FAMOUS CELEBRITIES

BAKED NOODLES

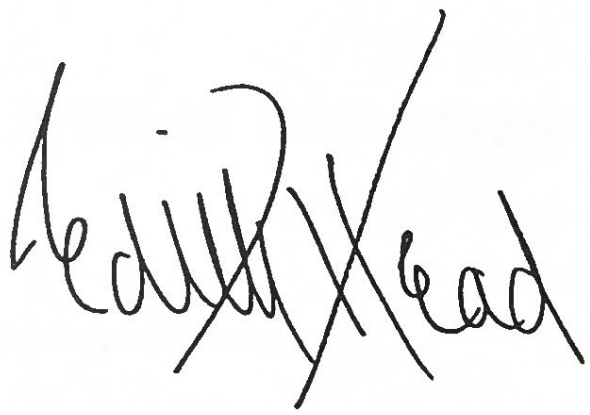


From the Kitchen of
Edward G. Robinson

Lg. pkg. wide noodles
1 green pepper
2 lg. onions, chopped fine

Brown pepper and onion in butter, salt and pepper. Cook 3 pounds ground round with above for 20 minutes. Cut finely 1 pound cheddar cheese; put in with meat. When fairly melted, mix in 2 cans tomato soup, 2 cans tomato sauce. Mix all above with cooked noodles. Put in covered Pyrex in hot oven 30 minutes (400°). Turn oven down to 325°; cook as long as you want - 30 minutes.

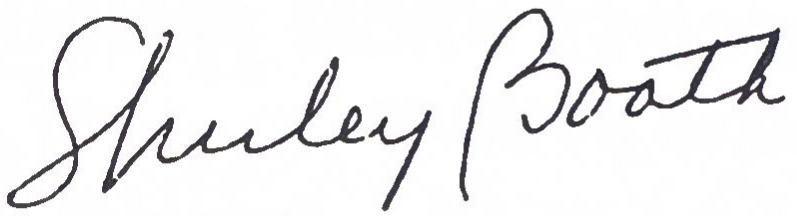
CHICKEN "CASA LADERA"



Edith Head
Beverly Hills, CA

2 fryers, cut up and dusted with salt, paprika. Saute and brown in 1/4 pound butter. Place in casserole with 1 cup chicken broth and 1 cup white wine. Cook in 300° oven until tender (about 40 minutes covered). Saute in butter 1 pound fresh mushrooms. Saute in another pan 1 pound chicken livers. Combine liquid from 2 pans; add 2 tablespoons flour. Arrange mushrooms and chicken livers on top of chicken in casserole; pour over liquid. Sprinkle with chives. Serve with rice and French bread.

MEAT LOAF

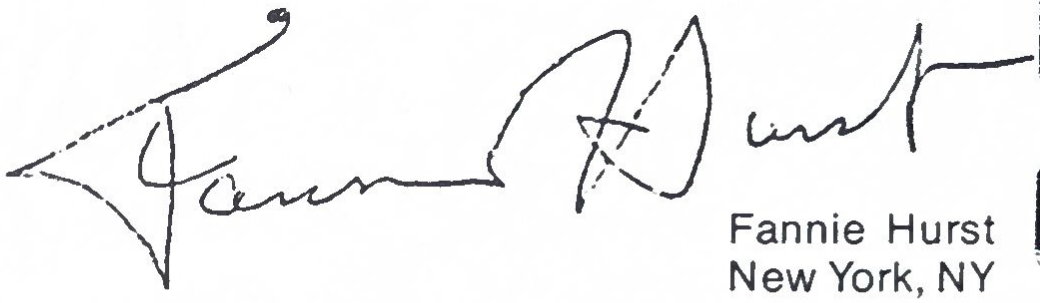


Shirley Booth Baker
Beverly Hills, CA

2 lbs. chopped chuck
1/2 lb. each, pork and veal (lean)
2 eggs, beaten lightly
1 1/2 c. Pepperidge Farm stuffing
1/2 c. catsup and fill rest of cup to brim with warm water
1 pkg. Lipton onion soup mix
Salt and pepper to taste
Mold into loaf
1/2 c. red wine, poured over loaf and let soak
Mushroom caps and olives on top

Bake in 350° oven until brown, approximately 45 minutes. 1 small can tomato sauce with a little water added. Pour over loaf after baking, then put back in oven (turned off) for about 15 minutes or until it bubbles.

MEATBALLS IN WINE SAUCE



Fannie Hurst
New York, NY

1 lb. ground chuck or round
1 lg. apple, peeled and shredded
1 egg, slightly beaten
1 1/4 tsp. salt
1/8 tsp. pepper

Combine and shape into balls about an inch in diameter. Heat 4 tablespoons salad oil in skillet. Add meatballs and 1/4 cup chopped onions. Cook over medium heat about 10 minutes, until the meat is lightly browned on all sides.

Wine Sauce: (combine)

3/4 c. Burgundy wine
1/4 c. water
2 (8-oz.) cans tomato sauce
1/2 tsp. basil
1/4 tsp. rosemary
1/4 tsp. sugar

Pour over meatballs. Cover and simmer 15 minutes. Serve over spaghetti. May be prepared in advance. Serves 4.

SPICED PIGS' FEET

Mrs. Nat Cole

6 pigs' feet
1 tsp. cloves
1 red pepper pod
1 T. paprika
2 c. wine or tarragon vinegar
Salt and pepper (to taste)
2 bay leaves
1 tsp. dry mustard
1 tsp. celery seed
2 onions
Pinch marjoram

Select young, tender pigs' feet. Have them split. Wash well; cover with cold, salted water and let soak. Drain. Place in a stew pot. Cover with cold water and let simmer about 1 hour. Add spice, vinegar and onions. Simmer slowly until tender. Serves 6-8. Serve with a tasty red and green cabbage slaw.

RED FLANNEL HASH

Bette Davis

2 c. cooked corned beef
3 c. cold boiled potatoes
1 1/2 c. cooked beets

Chop all these ingredients. Season and moisten with cream. Put into hot, buttered **ironware** frying pan. Stir and spread evenly. Brown slowly over medium heat. Serve with poached eggs on top.

MARTIN BURGERS

Dean Martin

1 lb. ground beef
2 oz. bourbon, chilled

Preheat a heavy frying pan and sprinkle bottom lightly with table salt. Mix meat, handling lightly, just enough to form into four patties. Grill over medium-high heat about 4 minutes on each side. Pour chilled bourbon in chilled shot glass and serve meat and bourbon on a TV tray.

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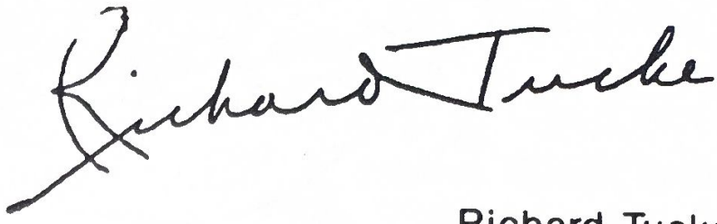
SARA TUCKER'S NOODLE PUDDING



Richard Tucker

This is my wife's recipe for one of my favorite dishes, which we generally have along with the main course, but which can also be served as a dessert. Made according to the following amounts of ingredients, it should be adequate to serve six or eight.

1 (8-oz.) pkg. egg noodles
4 eggs
1/2 tsp. salt
1/2 c. sugar
1/2 c. seedless white raisins
2 cooking apples, peeled and sliced
1/2 c. maraschino cherries, with their syrup

Preheat the noodles in salted water according to package directions. Drain and rinse in cold water. Cook the noodles in salted water according to package directions. Drain and rinse in cold water. Add the eggs, salt to taste and sugar (at least half a cup). Add the raisins, apples and cherries. Mix and place in a greased two-quart casserole. Bake one hour. Serve with chicken or red meat.

BOEUF EN DAUBE MRS. REINER

Carl Reiner

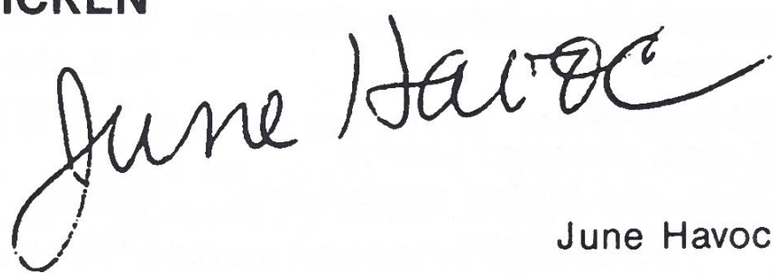
Found this recipe sometime ago in the New York Times and have eaten it twenty-seven times since then. I recommend it only for those people who love delicious things. I call it "Boeouf En Daube Mrs. Reiner" because she's the one who stole the recipe.

3 lbs. chuck or stewing beef cut into 2-inch cubes
1 1/2 c. red wine
1/4 c. cognac
2 T. peanut oil
Salt and freshly ground black pepper to taste
1/2 tsp. thyme
1 bay leaf
1 lg. onion, coarsely chopped
2 cloves garlic, crushed
2 c. scraped, thinly sliced carrots
1/2 c. coarsely chopped celery
1/2 lb. sliced lean bacon, each slice cut in half
Water
Flour for dredging
2 1/2 c. Italian plum tomatoes or fresh, ripe tomatoes, cored, peeled and chopped
2 c. thinly sliced mushrooms
2 c. beef stock, fresh or canned

(continued)

Place the beef in a large mixing bowl and add the wine, cognac, oil, salt, pepper, thyme, bay leaf, onion, garlic, carrots and celery. Cover and refrigerate three hours or longer. Preheat the oven to 350°. Place the bacon in a saucepan and add water barely to cover. Simmer five minutes and drain. Line a heatproof casserole with three or four pieces of bacon. Drain the beef and reserve the marinade. Dredge each cube of beef in flour and shake to remove excess. Arrange a layer of beef in the casserole; add a layer of marinated vegetables, a third of the tomatoes and a third of the mushrooms. Continue making layers until the ingredients are used, ending with vegetables and bacon. Sprinkle all with salt and pepper. Add beef broth and enough of the marinade to cover. Cover and bring to a boil on top of the stove. Place in oven and bake 15 minutes. Reduce heat so that casserole barely simmers and cook until meat is fork tender. Yield: Six servings.

HAVOC HURRY CHICKEN

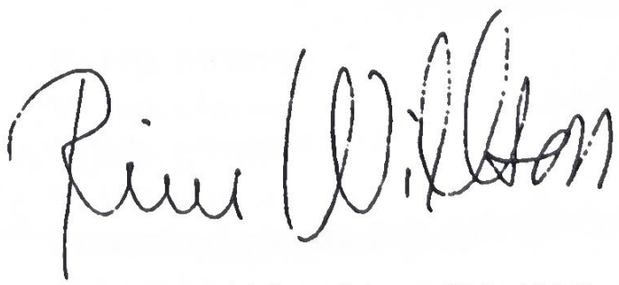


June Havoc

1 nice frying chicken or as many breasts as needed
1 med. bottle stuffed olives, drained
1/4 lb. butter
1 pt. sour cream
Onions, as desired

Melt butter; golden the onions. Add olives. Remove and keep warm while frying chicken. Remove chicken when golden. Add sour cream to butter; blend well. Add olives and onions; blend well. Pour over chicken. Wowsie Dowsie! Shouldn't take over half an hour. Should put ten pounds on you.

BEEF STROGANOFF



Mrs. Meredith Willson

2 lbs. round steak cut in sm. narrow strips about 1 1/2 inches
1 med.-sized onion
Season to taste - include pepper, onion salt, garlic salt
1 can tomato sauce (smallest can)
1/4 to 1/2 lb. mushrooms (fresh or canned)
2 tsp. Worcestershire sauce
1 pt. sour cream
Sprinkle of paprika

(continued)

Method: Chop onions and brown in butter or oil (as much butter or oil as desired) in deep skillet. Put meat on top of onions and mix. Cover skillet and simmer for about 1 hour 15 minutes. Put in mushrooms (cut in quarters if large). Mix in seasonings, Worcestershire sauce, paprika and tomato sauce. Simmer again until meat is tender. About 15 minutes before serving, fold in sour cream. Serve on bed of pilaf. 4 servings.

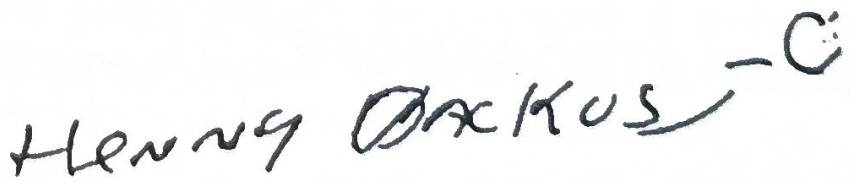
BEEF STROGANOFF

Natalie Wood

2 lbs. sirloin beef cut in thin strips
3/4 c. butter
3 med. chopped onions
½-lb. can button mushrooms
1 c. tomato juice
1/2 c. water
3/4 c. sherry
1 c. sour cream
Salt
Pepper
Flour

Dredge meat in flour. Brown quickly in half of the butter. Remove meat from skillet and add remaining butter. Add onions and mushrooms. Cook 5 minutes. Add meat; sprinkle salt and pepper. Add tomato juice, sherry and water. Bring **slowly** to boil. Cover and simmer until tender - about 1 1/2 hours. Just before ready to serve, stir in sour cream. Serve on boiled rice.

JIMMY'S CHILE



Henny Backus

My husband, Jimmy, tried cooking exactly once - when we were first married, I became ill with the flu and the doctor suggested that he boil me an egg - which he did - with no water in the pot! Just an egg, a pot and a flame! The explosion was violent - the aroma no aid to my condition - and the expense of scraping, scrubbing and painting the kitchen was so great that he has been barred from that part of the house ever since - a penalty that does not upset him. Anyway, this is his favorite dish. It bears no resemblance to Mexican or Texas Chili. It's fast, easy and a great solution to the false hunger the morning after.

(continued)

1 lb. ground round
1 med. onion, chopped
1 lg. green pepper, chopped
2 cloves garlic (run through press)
1 1/2 cans (No. 2) kidney beans, drained (save juice for soup)
1 1/2 cans (No. 2) whole tomatoes
1 1/2 tsp. salt
3 whole cloves
1 bay leaf
3 T. bacon fat
3 T. good, strong, fresh chili powder

Brown onion, chopped peppers, garlic and meat in bacon fat until brown and crumbly. Add tomatoes, beans, salt, cloves, bay leaf and chili powder. Bring to boil, then cook over a very low flame for about 2 1/2 hours, stirring occasionally. To thicken (we like it soupy so we can dunk), leave lid on until it reaches thickness you desire. We have added one or all of these at one time or another.

Leftover stew meat (or cook some especially for this dish)
Toasted saltines
Sour cream (lots of it mixed in and heated to boiling)

If you use all of these, it is a marvelous party dish, which we then serve over rice. If you don't think it tastes like chili, you're probably right. But I've never been able to come up with a better name for it. Whatever you care to call it - we wish we had some right now!!!

SHOO FLY PIE (Pennsylvania Dutch)

Edie Adams

1/2 c. boiling water
1/2 c. dark molasses
1 egg yolk, well beaten
1/2 tsp. soda
1/2 c. brown sugar, packed
1/4 c. margarine (1/2 cube)
1/4 tsp. salt
1/8 tsp. nutmeg
1/8 tsp. cloves
1/8 tsp. ginger
1/2 tsp. cinnamon
1 unbaked pie shell (9 or 10-inch)

In the boiling water, put molasses, beaten egg yolk and baking soda and combine all thoroughly. Mix into the flour all the other ingredients and work it with your fingers until it is all crumbly. Put into unbaked pie shell, first some molasses mixture, then top that with some crumbs, making alternate layers, ending with crumbs on top. Bake in preheated oven, 350°, until crust is well browned and filling is firm (45 to 50 minutes). Whipped cream is great on this.

CORNED BEEF A LA SOPHIE

Sophie Gimbel

In the morning, take a large piece of corned beef that has not been too pickled. Cook in boiling water with celery, onions and carrots for 5 or 6 hours until it is tender. Remove from stock and let cool. Remove as much fat as possible. 50 minutes before you plan to serve dinner, make a glaze: take one jar of Gulden's mustard and coat the corned beef, then cover this with 1-pound box of brown sugar. Put in oven for 45 minutes until corned beef is completely glazed.

LAMB STEW RUMANIA

Hal March

3 lbs. shoulder lamb, cut to stew size
2 lbs. breast lamb, cut to stew size
3 cloves garlic
10 yellow onions
2 lbs. potatoes
Fresh dill
Paprika

Cover the bottom of a stew pot with 5 quartered onions. Next place half of mixed lamb over onions. Press in one clove of garlic; add sprig of dill. Sprinkle with paprika. With remainder of ingredients repeat process - a layer of onions, a layer of lamb, a clove of garlic, sprig of dill and sprinkle with paprika. Cover pot and place over a slow flame. After fifteen minutes, begin periodic stirring. After one hour, press in last clove of garlic and add quartered potatoes. When potatoes are cooked, remove from fire and serve. Will serve six.

DEAR ABBY RICE

1 med. onion, minced
2 T. butter
1 c. long-grain rice
2 c. chicken broth

Saute onion in butter. Add rice and chicken broth. Bring to a boil. Put in buttered casserole; cover and put in 325° oven 20 minutes. Serves 4.

SWEET POTATO CASSEROLE

Don't plan on any leftovers.

4 lbs. sweet potato or yams, cooked, peeled, mashed
1/2 c. butter, melted
1/2 c. honey
1/4 c. sherry
1/4 c. pineapple juice
1/4 c. brown sugar, packed
1/2 tsp. salt
1 c. miniature marshmallows

Heat oven to 350°. Grease 1 1/2-quart casserole. In large bowl mix potatoes, honey, butter, sherry, pineapple juice, brown sugar, salt. Mix well. Spoon into greased casserole. Top with marshmallows. Bake at 350° for 30 minutes. Serves six.

VINCENT PRICE POT DE CREME

Vincent Price

In top of double boiler beat 1/2 pound semi-sweet chocolate bits, 5 tablespoons cold water, 1 tablespoon instant coffee. Separate 5 eggs. Beat yolks into melted chocolate mixture. Then beat 2 tablespoons light rum in. Cool slightly. Beat egg whites to peaks. Fold into chocolate and put into serving dishes. Cover and refrigerate for 24 hours. Whip 1/2 cup heavy cream. Add 2 tablespoons sugar, 2 teaspoons ground almonds and 2 teaspoons coffee liqueur. Spoon over top of puddings and serve.

LORNE GREENE SALAD

Lorne Greene

1 bunch romaine **1 bunch watercress**

Wash and dry greens and break into bite-sized pieces.

(continued)

Add:

2 chopped hard-cooked eggs
1 c. julienne beets
1/2 c. chopped green onions

Toss with dressing.

Dressing:

1/2 c. white vinegar
1/2 c. olive oil
1/2 tsp. salt
1/4 tsp. pepper
1/2 tsp. dry mustard
1/2 tsp. seasoned salt
1 clove garlic, minced

Chopped avocado may be added. You may also add crab or shrimp or strips of ham or cheese.

MURIEL HUMPHREY'S FAMILY BEEF SOUP

Muriel Humphrey

1 1/2 lbs. boneless beef stew meat, or cut chuck into 1 1/2-inch cubes and 1 lg. soup bone
3 to 4 c. cold water
1 tsp. salt
1/2 tsp. pepper
2 bay leaves
2 c. sliced carrots
1 c. chopped cabbage
1 c. chopped celery
1/2 c. chopped onion
28-oz. can Italian-style tomatoes
1 T. Worcestershire sauce
1 beef bouillon cube
Dash oregano

In 3-quart saucepan or Dutch oven combine beef, water, salt, pepper and bay leaf. Bring to a boil; reduce heat and add carrots, cabbage, celery and onion and simmer 2 1/2 hours. Remove bone and bay leaf. Add tomatoes, Worcestershire sauce, bouillon cube and oregano. Simmer for 15 minutes. Makes 6 cups.

JOHN WAYNE'S CHEESE CASSEROLE

John Wayne

2 cans (4-oz.) diced green chilies, drained
1 lb. grated cheddar cheese
1 lb. grated Monterey Jack cheese
4 eggs, separated
1 T. flour
1/2 tsp. salt
1/4 tsp. pepper
2 med. potatoes

Combine cheese and chilies. Put in 2-quart casserole 12 x 8 x 2 inches that is well buttered. Beat egg whites until stiff. Mix egg yolks, flour, salt and pepper. Beat. Fold in stiff whites and pour over cheese. Cut spots down through cheese. Bake at 325°, 30 minutes. Put tomato slices around edge and serve.

ROBERT REDFORD DESSERT

1 c. flour
1 cube butter
1/2 c. chopped pecans or walnuts

Mix together and press into 8 x 11-inch pan. Bake at 350° for 30 minutes.

1 c. powdered sugar
8 oz. cream cheese
1 c. whipped topping

Mix well and spread on crust layers.

2 1/2 c. milk
2 sm. boxes lemon or butterscotch or chocolate instant pudding

Mix and stir until thick. Spread over cheese layer. Cover with whipped topping. Sprinkle with chopped nuts. (If using chocolate use 1 chocolate and 1 vanilla.)

MANDARIN ORANGE SALAD

Mildred M. Morse

Mrs. Wayne Morse
Oregon

1 pkg. orange flavored gelatin
2 c. apricot nectar

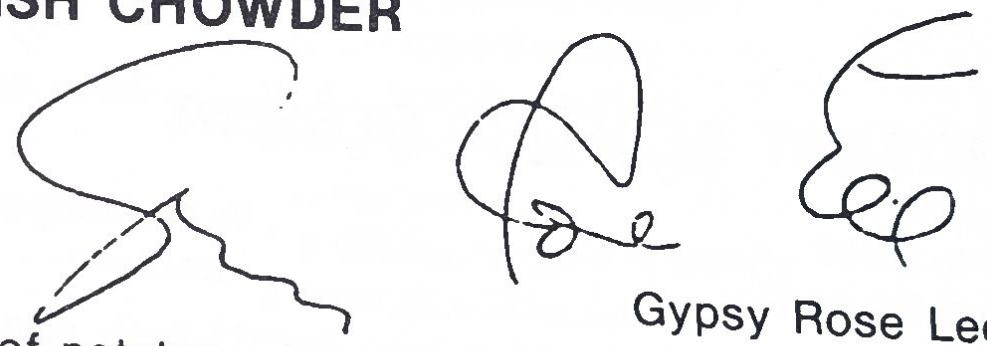
Dressing:

3-oz. pkg. Philadelphia cream cheese
Mayonnaise

1 can mandarin orange slices, drained

Celery, chopped very fine
Walnuts, chopped

PORTUGUESE FISH CHOWDER



Gypsy Rose Lee

Use equal amounts of potatoes, tomatoes and onions, all sliced very thin. Place in pressure cooker about 1/4 inch olive oil, a layer of onions, a layer of tomatoes, a layer of potatoes. Sprinkle a tablespoon of parsley, a bit of salt, white pepper, about 1/4 teaspoon very finely chopped garlic, a tablespoon of olive oil. Now repeat - one layer of onions, tomatoes, potatoes, parsley, etc., until pressure cooker is no more than 3/4 full. Cook at 15 pounds pressure for 3 1/2 minutes. Reduce the pressure quickly by plunging pot in cold water. This may be served hot or chilled. **Note:** The Portuguese fishermen prepare this early in the morning aboard their fishing boats. It is placed over a small brazier, the lid weighted down with a sandbag. If the catch of the day includes delicacies that can be spared from the market, they are added to the vegetables. If not, the vegetables are eaten without fish. It lends itself extremely well to any type of shellfish, snapper, or rolled up fish fillets secured with a toothpick.

"THAT FISH THING"

Carolyn Jones

1 lb. fresh (not frozen) filet of sole
1 lb. bay shrimp
1 med. jar mushrooms
1 can concentrated mushroom soup
1/2 can white wine
1/2 can water
1 sm. jar chopped pimiento
Fresh dill
Garlic salt

Lay the filet flat, then take the mushroom caps, chopped pimiento, a little fresh dill, bay shrimp, and a tiny bit of garlic salt and put them all on the fish. Then roll the fish up like a blintz and anchor with toothpicks. Place in a baking dish. Mix the mushroom soup with the water and white wine and pour over fish. Bake in 350° oven for approximately 25 minutes.

FILLET OF FISH AND CHEESE

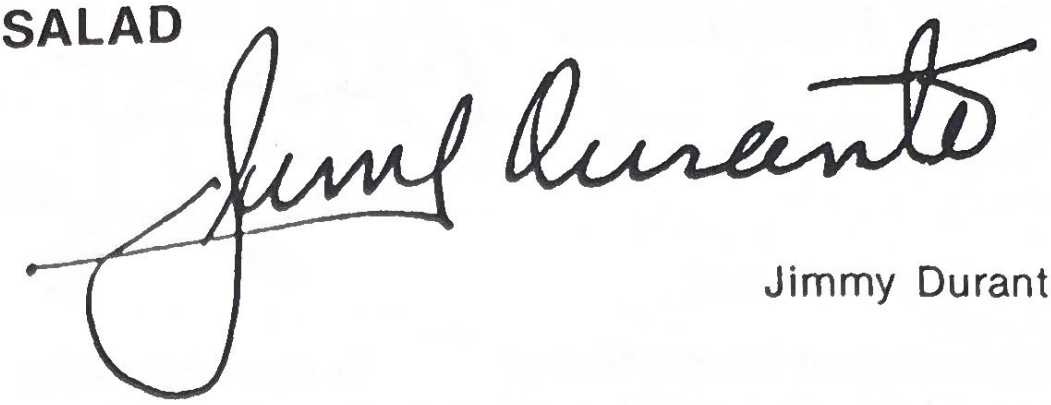
Nanette Fabray MacDougall

When a woman loves to cook, but works outside the home, there comes that desperate day when she runs out of frozen casseroles, and can't bear the thought of another steak or chop, but needs a quick dinner. This one is marvelous and practically foolproof, and takes twenty minutes from start to finish.

4 fillets of sole (or any sweet fish)
Salt and freshly ground pepper to taste
4 T. butter
1/2 c. grated Parmesan cheese (about)
1/2 c. bottled clam juice (about)

Wash the fillets in lemon water and dry. Season with salt and pepper. Melt butter in a skillet and saute the fish on both sides. Sprinkle with the cheese and add enough clam juice to come to the edge of the cheese on the fish without covering the fish. Cover pan and cook over low heat 5 minutes. The fish can be served like this. Serves 4. **Note:** However, I like to remove the fish to a warm platter or the dinner plates. Then scrape the sides and bottom of the skillet to loosen the 'goodies' stuck there, add 1/2 teaspoon of flour and a tablespoon of cream, and cook the gravy until it thickens slightly; pour over the fish and serve. MMMMMMMMM!

UMBRIAGO SALAD



Jimmy Durante

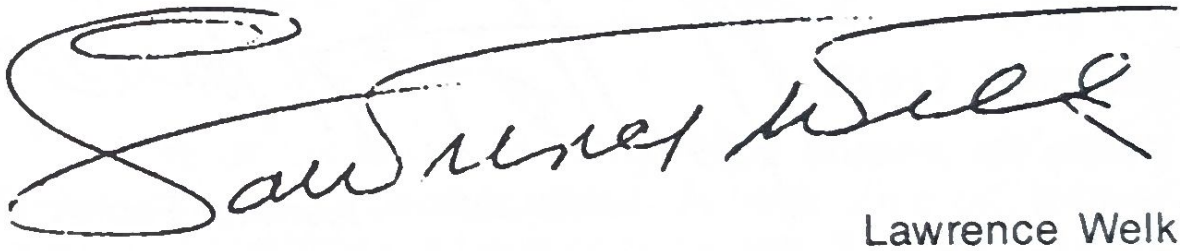
For four salads:

Rub a large wooden salad bowl with salt and one clove of garlic. (Salt serves as an abrasive.) Mix romaine (cold, dry and crisp) with 1/4 teaspoon black pepper in salad bowl. Then, form a bed with 1/4 cup croutons in center. Pour over following dressing:

1 T. Worcestershire sauce
1/4 c. wine vinegar
1/2 T. horseradish
Juice of 1/2 lemon
1/2 T. mustard
1 dash Tabasco

Toss lightly, then add a one-minute egg and 1 tablespoon chopped anchovies. Toss salad again and sprinkle in two tablespoons Parmesan cheese.

MOCHA SURPRISE



Lawrence Welk

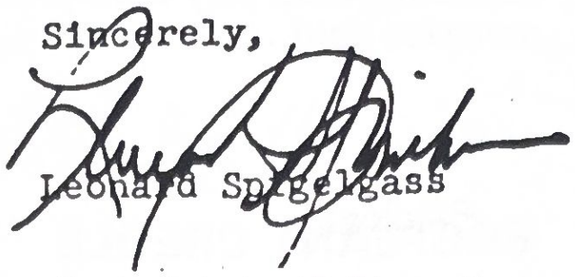
1 sq. chocolate
2 T. butter
1/2 c. milk
1 T. vanilla
3/4 c. sugar
1 c. flour
2 T. baking powder

Topping:

1/2 c. brown sugar
4 T. cocoa
1/2 c. white sugar

Melt chocolate and butter. Add milk and vanilla. Sift and mix in sugar, flour and baking powder. Pour into baking pan. Mix and sprinkle topping over top. Pour cold coffee over all. Bake 1/4 hour in 350° oven. Best served while still warm. **Note:** This is one of our favorites.

POTATOES ONASSIS



Get yourself a potato and bake it normally. Is it baked? Okay. Now open it up and crumple it a bit with your fork. Now put in a lot of butter - but hold the salt and pepper. You'll see why in a moment. Now put a big, walloping dob of sour cream on it. Are you still with me? Okay. Now take 1/4 pound of fresh caviar and put it right in the middle of the sour cream. That's why you don't need any salt. Enormously wealthy people use this as a first course. In my bracket, I use it as the **only** course, with a heart of palm salad and a small glass of Pouilly Fuisse 1962 - a dry and slightly heady wine. Be sure it is served well chilled and drunk when young. Perhaps it would be wise to have a little extra on hand for you will find this wine makes a most agreeable contrast to the spuds. If you haven't any Pouilly Fuisse 1962, try it with rye bread and butter and coffee. **Note:** If you like, add onions, **not** chives. Chives are awful. If you want onions, eat onions.

ITALIAN SALAD

dinah shore

Dinah Shore

1 sm. can artichoke hearts, cut in quarters
1 head Bibb lettuce
1/2 cucumber, sliced thin
1 green pepper, cut in wide strips
1 sweet red onion
1 sm. can garbanzo beans
4 slices Italian salami, sliced thin
3 fresh mushrooms, chopped (opt.)
4 radishes, sliced thin
1 sm. tomato, quartered

Rub a crystal salad bowl with a cut clove of garlic. Marinate the cucumbers, green pepper strips, drained garbanzo beans, artichoke hearts, radishes and the small tomato in the crystal bowl in one-half recipe of tart dressing as follows:

6 T. good fresh olive oil
2 T. wine vinegar
1 T. fresh lemon juice
1 tsp. salt
1/2 tsp. coarse-ground pepper
1 clove garlic, pressed

Cover bowl with Saran Wrap and set in refrigerator and let it chill a long time. Just before serving, add lettuce, onions, Italian salami and fresh mushrooms. Sprinkle with a little salt, Accent, fresh coarse-ground pepper and a pinch of tarragon and remainder of

(continued)

dressing. Toss very lightly. Squeeze a little lemon over salad and serve ice cold.

EGGPLANT CREOLE

Mrs. Lyndon B. Johnson

2 sm. eggplant
4 strips bacon
1/2 c. minced onion
1/2 c. minced green pepper
4 c. drained, canned tomatoes
1/2 c. diced celery
1 1/2 c. fresh bread crumbs
1 c. sauteed mushrooms
1 T. dry mustard
Salt and pepper
Grated Parmesan cheese

Wash and dry eggplant. Cut in half lengthwise. Scoop out pulp and chop (leave shell about 1/4 inch thick). Mince bacon and heat in a skillet. Add onion and green pepper and saute until bacon is done. Add chopped eggplant, tomatoes and celery. Simmer until eggplant is tender. Beat with a whip or fork until all ingredients are well blended. Add half the bread crumbs and dry mustard and beat until well blended. Season with salt and pepper. Fold in the mushrooms. Fill eggplant shells; dust generously with cheese and top with remainder of bread crumbs. Dribble a little melted butter over the crumbs and put eggplant in a pan with a little water in the bottom and bake in 350° oven 15 to 20 minutes or until eggplant is heated through and the crumbs lightly browned.

HOLISHKAS (Stuffed Cabbage)

Harry Golden

Harry Golden
Charlotte, NC

2 lbs. lean, raw beef, chopped
Salt and pepper to taste
1 c. coked rice
2 cans tomato sauce
2 cans tomato paste
1 onion, chopped
1/2 c. vinegar
2 c. water
1/3 c. sugar
1 c. raisins
16-18 gingersnaps
Lg. cabbage leaves

Soak the cabbage leaves in hot water a few minutes to make them less brittle. Season the meat lightly with salt and pepper. Add rice. Roll a portion of the meat mixture in each leaf. Place them in a large, low pan with the rest of the ingredients and let them simmer until the cabbage is tender and well browned. Serves 6 to 8.

A LIGHT COFFEE CAKE

Julie Harris

Julie Harris

1 c. sugar
1 1/2 c. flour, sifted
1/2 tsp. salt
1/2 c. milk
2 tsp. baking powder
1/2 c. butter (1/4 lb.)
2 eggs, separated
1 tsp. vanilla
1 tsp. lemon juice or extract

Cream butter and sugar. Add egg yolks, one at a time. Sift flour, baking powder and salt. Add milk and flour alternately to first mixture. Add stiffly-beaten egg whites. Add flavoring. Then bake in 9-inch pan in slow oven (350°) for 45 minutes. (Grease bottom of pan, then cut circular piece of waxed paper and fit bottom; grease that and dust with flour.)

Recipe Favorites

Recipe Favorites

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HOUSEHOLD HINTS

In a hurry - Place one cut-up fryer in an oblong baking pan. Combine 1 can cream of mushroom soup, 1 cup sour cream, and 3 tablespoons dry onion soup mix. Spread over chicken and bake at 350°, covered, for about 2 hours.

After stewing a chicken for diced meat for casseroles, etc., let cool in broth before cutting into chunks - it will have twice the flavor.

For a brown crust on roasted chicken - rub mayonnaise generously over the skin before cooking.

To slice meat into thin strips, as for stroganoff or Chinese dishes - partially freeze and it will slice easily.

A roast with the bone in will cook faster than a boneless roast - the bone carries the heat to the inside of the roast quicker.

Never cook a roast cold - let stand for at least an hour at room temperature. Brush with oil before and during roasting - the oil will seal in the juices.

For a juicier hamburger add cold water to the beef before grilling (1/2 cup to 1 pound of meat).

Save the juices from your spiced fruits and other canned fruits - use them to pour over ham slices while baking.

To freeze meatballs, place them on a cookie sheet until frozen. Place in plastic bags and they will stay separated so that you may remove as many as you want.

To keep cauliflower white while cooking - add a little milk to the water.

When boiling corn add sugar to the water instead of salt. Salt will toughen the corn.

To ripen tomatoes - put them in a brown paper bag in a dark pantry and they will ripen overnight.

Do not use soda to keep vegetables green. It destroys Vitamin C.

When cooking cabbage, place a small tin cup or can half full of vinegar on the stove near the cabbage, and it will absorb all odor from it.

Potatoes soaked in salt water for 20 minutes before baking will bake more rapidly.

Let raw potatoes stand in cold water for at least half an hour before frying to improve the crispness of French-fried potatoes.

Use greased muffin tins as molds when baking stuffed green peppers.

A few drops of lemon juice in the water will whiten boiled potatoes.

Buy mushrooms before they "open." When stems and caps are attached snugly, mushrooms are truly fresh.

To cook "below the ground" vegetables (such as potatoes, carrots, turnips), place in cold water and bring to a boil. Add "above the ground" vegetables (corn, peas, beans) to water already boiling.

Don't despair if you've oversalted the gravy. Stir in some instant mashed potatoes, and you'll repair the damage in a jiffy. Just add a little more liquid to offset the thickening.

Scissors are a great convenience for cutting celery, cucumbers, parsley, mint, lettuce, etc.; much quicker and better than using a knife.

To keep celery crisp - stand it up in a pitcher of cold, salted water and refrigerate.

Lettuce keeps better if you store in refrigerator without washing first so that the leaves are dry. Wash the day you are going to use.

Do not use metal bowls when mixing salads. Use wooden, glass or china.

EQUIVALENTS & SUBSTITUTIONS

EQUIVALENTS

3 teaspoons	1 tablespoon
4 tablespoons	1/4 cup
5 1/3 tablespoons	1/3 cup
8 tablespoons	1/2 cup
10 2/3 tablespoons	2/3 cup
12 tablespoons	3/4 cup
16 tablespoons	1 cup
1/2 cup	1 gill
2 cups	1 pint
4 cups	1 quart
4 quarts	1 gallon
8 quarts	1 peck
4 pecks	1 bushel
16 ounces	1 pound
32 ounces	1 quart
8 ounces liquid	1 cup
1 ounce liquid	2 tablespoons

(For liquid and dry measurements use standard measuring spoons and cups. All measurements are level.)

EMERGENCY SUBSTITUTIONS

1 c. sifted cake flour	1 c. minus 2 T. sifted all-purpose flour or 7/8 c.
1 c. self-rising flour	1 c. all-purpose flour, 1/2 tsp. salt, and 1 tsp. baking powder
1 T. cornstarch (for thickening)	2 T. flour or 2 tsp. quick-cooking tapioca
1 tsp. baking powder	1/4 tsp. baking soda plus 1/2 tsp. cream of tartar
1 tsp. baking powder	1/4 tsp. baking soda plus 1/2 c. buttermilk or sour milk (to replace 1/2 c. liquid in recipe)
1 c. powdered sugar	1 c. granulated sugar plus 1 tsp. cornstarch. Whirl in blender or processor until powdered.
1/2 c. brown sugar	2 T. molasses in 1/2 c. granulated sugar
1 1/3 c. firmly-packed brown sugar	1 c. granulated sugar
1 c. sour milk	1 T. lemon juice or vinegar plus sweet milk to make 1 c. (let stand 5 minutes)
1 c. whole milk	1/2 c. evaporated milk plus 1/2 c. water or 1 c. reconstituted non-fat dry milk plus 1 T. butter, or 1/3 c. dry milk plus 1 c. water
1 c. thin cream (18-20%)	7/8 c. milk plus 3 T. fat
1 c. heavy cream (36-40% fat)	3/4 c. milk plus 1/3 c. fat
3/4 c. cracker crumbs	1 c. bread crumbs
1 sq. (1 oz.) chocolate	3 or 4 T. cocoa plus 1 T. butter or margarine
1 T. fresh herbs	1 tsp. dried herbs
1 sm. fresh onion	1 T. instant minced onion, rehydrated
1 tsp. dry mustard	1 T. prepared mustard
1 c. tomato juice	1/2 c. tomato sauce plus 1/2 c. water
1 c. catsup or chili sauce	1 c. tomato sauce plus 1/2 c. sugar and 2 T. vinegar (for use in cooking)
1 lb. dates	1 1/2 c. dates, pitted and cut
3 med. bananas	1 c. mashed
10 miniature marshmallows	1 lg. marshmallow

In substituting cocoa for chocolate in cakes, the amount of flour must be reduced.

Brown and White Sugars: Usually may be used interchangeably, measure for measure. Brown sugar must be firmly packed.

EQUIVALENCY CHART

3 3/4 cups unsifted whole-wheat flour	1 pound
4 cups sifted all-purpose flour	1 pound
4 1/2 cups sifted cake flour	1 pound
5 cups rye flour	1 pound
1 pound flour	4 cups
5 1/2 ounces baking powder	1 cup
3 cups cornmeal	1 pound
3 cups cornstarch	1 pound
1 medium lemon	3 tablespoons juice
5-8 medium lemons	1 cup juice
1 medium apple, chopped	1 cup
1 medium orange	1/3 cup juice
3-4 medium oranges	1 cup juice
1 medium onion, chopped	1/2 cup
1 pound unshelled walnuts	1 1/2 to 1 3/4 cups shelled
2 cups sugar	1 pound
3 1/2 cups powdered sugar	1 pound
2 1/2 cups brown sugar	1 pound
7 ounces spaghetti	4 cups cooked
4 ounces uncooked noodles (1 1/2-2 cups)	2-3 cups cooked
4 ounces uncooked macaroni (1-1 1/4 cups)	2 1/4 cups cooked
6 cups cooked macaroni	8-ounce package
7 cups cooked noodles	8-ounce package
1 cup uncooked long-grain rice	3-4 cups cooked
28 saltine crackers	1 cup fine crumbs
1 stick or 1/4 lb. butter	1/2 cup
2 tablespoons fat	1 ounce
1/2 cup fat	1/4 pound or 1 stick
1 cup fat	1/2 pound
2 cups fat	1 pound
4 cups cocoa	1 pound
1 ounce bitter chocolate	1 square
2 2/3 cups coconut	1 1/2-pound carton
16 marshmallows	1/4 pound
14 square graham crackers	1 cup fine crumbs
22 vanilla wafers	1 cup fine crumbs
1 1/2 slices bread	1 cup soft crumbs
1 slice bread	1/4 cup fine dry crumbs
8-10 egg whites	1 cup
10-12 egg yolks	1 cup
1 egg	4 tablespoons liquid
4-5 whole eggs	1 cup
3 1/4-ounce package flavored gelatin	1/2 cup
1/4-ounce package unflavored gelatin	1 tablespoon
1 cup chopped nuts	1/4 pound
3 1/2 cups almonds	1 pound
3 cups walnuts (broken)	1 pound
3 1/4 cup seeded raisins	15-ounce package
3 cups seedless raisins	15-ounce package
1 pound raisins	3 1/2 cups
2 1/3 cups rice	1 pound
5 cups grated American cheese	1 pound
2 2/3 cups cubed American cheese	1 pound
6 2/3 tablespoons cream cheese	3-ounce package
4 coarsely-crumbled zwieback	1 cup
9 finely-crumbled zwieback	1 cup
Grated peel of lemon	1 tablespoon
Grated peel of orange	2 tablespoons
1 medium banana, mashed	1/3 cup
1 pound carrots	4 medium or 6 small; 3 cups shredded; 2 1/2 cups diced
5 cups ground coffee	1 pound
1 cup whipping cream	2 cups whipped
1 cup evaporated milk	3 cups whipped

BAKING PERFECT BREADS

PROPORTIONS

Biscuits	To 1 cup flour use 1 1/4 teaspoons Baking Powder
Muffins	To 1 cup flour use 1 1/2 teaspoons Baking Powder
Popovers	To 1 cup flour use 1 1/4 teaspoons Baking Powder
Waffles	To 1 cup flour use 1 1/4 teaspoons Baking Powder
Cake with fat	To 1 cup flour use 1 teaspoon Baking Powder

RULES FOR USE OF LEAVENING AGENTS

1. To 1 teaspoon soda use 2 1/4 teaspoons cream of tartar, or 2 cups freshly soured milk, or 1 cup molasses.
2. In simple flour mixtures, use 2 teaspoons baking powder to leaven 1 cup flour. Reduce this amount 1/2 teaspoon for each egg used.
3. To substitute soda and an acid for baking powder, divide the amount of baking powder by 4. Take that as your measure of and add the acid according to rule 1 above.

PROPORTIONS FOR BATTERS AND DOUGH

Pour Batter	To 1 cup liquid use 1 cup flour
Drop Batter	To 1 cup liquid use 2 to 2 1/2 cups flour
Soft Dough	To 1 cup liquid use 3 to 3 1/2 cups flour
Stiff Dough	To 1 cup liquid use 4 cups flour.

HINTS FOR BAKING BREADS

Kneading the dough for a half minute after mixing improves the texture of baking powder biscuits.

Use cooking or salad oil in waffles and hot cakes in the place of shortening. No extra pan or bowl to melt the shortening and no waiting.

When bread is baking, a small dish of water in the oven will help to keep the crust from getting hard.

Dip the spoon in hot water to measure shortening, butter, etc., the fat will slip out more easily.

Small amounts of leftover corn may be added to pancake batter for variety.

To make bread crumbs, use fine cutter of the food grinder and tie a large paper bag over the spout to prevent flying crumbs.

When you are doing any sort of baking, you get better results if you remember to preheat your cookie sheet, muffin tins, or cake pans.

OVEN TEMPERATURE CHART

Breads	Minutes	Temperature
Loaf	50-60	350°-400°
Rolls	20-30	400°-450°
Biscuits	12-15	400°-450°
Muffins	20-25	400°-450°
Popovers	30-40	425°-450°
Corn Bread	25-30	400°-425°
Nut Bread	50-75	350°
Gingerbread	40-50	350°-370°

BAKING PERFECT DESSERTS

FOR PERFECT COOKIES

Cookie dough that is to be rolled is much easier to handle after it has been in a cold place 10 to 30 minutes. This keeps the dough from sticking, even though it may be soft. If not done, the soft dough may require more flour and too much flour makes cookies hard and brittle. In rolling, take out on a floured board, only as much dough as can be managed easily. Flour the rolling pin slightly and roll lightly to desired thickness. Cut shapes close together and keep all trimmings for the last. Place pans or sheets in upper third of oven. Watch cookies carefully while baking to avoid burning edges. When sprinkling sugar on cookies, try putting it into a salt shaker. It saves time.

FOR PERFECT PIES AND CAKES

A pie crust will be more easily made and better if all the ingredients are cool.

The lower crust should be placed in the pan so that it covers the surface smoothly. Be sure no air lurks beneath the surface, for it will push the crust out of shape in baking.

Folding the top crust over the lower crust before crimping will keep the juices in the pie.

In making custard type pies, bake at a high temperature for about ten minutes to prevent a soggy crust. Then finish baking at a low temperature.

Fill cake pans about two-thirds full and spread batter well into corners and to the sides, leaving a slight hollow in the center.

The cake is done when is shrinks from the sides of the pan or if it springs back when touched lightly with the finger.

After a cake comes from the oven, it should be placed on a rack for about five minutes. Then the sides should be loosened and the cake turned out on a rack to finish cooling.

Cakes should not be frosted until thoroughly cool.

If you want to make a pecan pie and haven't any nuts, substitute crushed cornflakes. They will rise to the top the same as nuts and give a delicious flavor and crunchy surface.

To prevent crust from becoming soggy with cream pie, sprinkle crust with powdered sugar.

Cut drinking straws into short lengths and insert through slits in pie crusts to prevent juices from running over in the oven and permit steam to escape.

TEMPERATURE CHART

Food	Temperature	Time
Butter Cake, loaf	360°-400°	40-60 min.
Butter Cake, layer	380°-400°	20-40 min.
Cake, angel	300°-360°	50-60 min.
Cake, sponge	300°-350°	40-60 min.
Cake, fruit	275°-325°	3-4 hours
Cookies, thin	380°-390°	10-12 min.
Cookies, molasses	350°-375°	18-20 min.
Cream Puffs	300°-350°	45-60 min.
Meringues	250°-300°	40-60 min.
Pie Crust	400°-500°	20-40 min.

SEASONING GUIDE

Get acquainted with spices and herbs. Add in small amounts, 1/4 teaspoon for each 4 servings. Taste before adding more. Crush dried herbs or snip fresh herbs before using. If substituting fresh for dried, use 3 times more fresh herbs.

Appetizers, Soups	Breads, Pasta	Eggs, Cheese
CRANBERRY JUICE: Add cinnamon, allspice, and/or cloves. Serve hot or chilled. **FRUIT COCKTAIL:** Try adding mint or rosemary. **STUFFED CELERY:** Mix caraway seed with cream cheese; fill celery. Dash with paprika. **TOMATO COCKTAIL:** Add 1/4 teaspoon dried basil per cup. **CHICKEN SOUP:** Add a dash of rosemary, tarragon, or nutmeg. Sprinkle paprika atop for color. **CLAM CHOWDER:** Add a dash of caraway seed, sage or thyme. **CONSOMME:** Dash in basil, marjoram, savory or tarragon. **FISH CHOWDER:** Add bay leaves, curry powder or dill. **MUSHROOM SOUP:** Season with curry, oregano or marjoram. **ONION SOUP:** Add marjoram. **OYSTER STEW:** Lightly add cayenne, mace or marjoram. **POTATO SOUP:** Dash with mustard or basil. Top with snipped chives or parsley. **SPLIT-PEA SOUP:** Add dash basil, chili powder or rosemary. **TOMATO SOUP:** Dash in basil, dill, oregano, sage or tarragon. **VEGETABLE SOUP:** Try allspice, oregano, sage or thyme.	**BISCUITS:** Add caraway seed, thyme or savory to flour. Serve with meat. **BREAD:** Make each loaf a surprise by adding caraway seed, cardamom or poppy seed. **COFFEE CAKE:** Mix crushed aniseed in batter. For variety, sprinkle cinnamon-sugar mixture atop or add poppy seed filling. **CORN BREAD:** Add poultry seasoning or caraway seed to dry ingredients. Be adventuresome, add 1/2 teaspoon rosemary to batter. **CROUTONS:** Toss toast cubes in melted butter seasoned with basil, marjoram or onion salt. **DOUGHNUTS:** Add mace or nutmeg to dry ingredients. After frying, roll in cinnamon sugar. **DUMPLINGS:** Add thyme or parsley (fresh or flakes) to batter. **MUFFINS:** Blueberry - add dash of nutmeg to dry ingredients. Season plain muffins with caraway seed or cinnamon. **NOODLES:** Butter, then sprinkle with poppy seed. **ROLLS:** Add caraway seed. Or, sprinkle with sesame seed. **SPAGHETTI:** Toss with butter, Parmesan and snipped chives. **WAFFLES:** Add poultry seasoning to batter, serve with creamed chicken. Or add cardamom to honey; pour over waffles.	**BAKED EGGS:** Sprinkle dash of thyme or paprika over the top. **CREAMED EGGS:** Add mace. **DEVILED EGGS:** Add celery seed, cumin, mustard, savory, chili powder or curry powder. **OMELET:** Try with dash of marjoram or rosemary (go easy!). **SCRAMBLED EGGS:** Sprinkle lightly with basil, thyme, rosemary or marjoram. Add seasoning near the end of cooking. **SOUFFLE:** Add 1/4 teaspoon marjoram to 4-egg souffle. To cheese souffle, add basil or savory. **CHEESE CASSEROLES:** Spark with dash sage or marjoram. **CHEESE FONDUE:** Try adding a dash of basil or nutmeg. **CHEESE RABBIT (rarebit):** Try with mace or mustard. **CHEESE SAUCE:** Add mustard or a dash of marjoram or thyme. **CHEESE SPREAD:** Blend sage, caraway seed, thyme or celery seed into melted process cheese. **COTTAGE CHEESE:** Blend in chives or a dash of sage, caraway seed, dill, anise, or cumin. Prepare several hours ahead of time. **CREAM CHEESE:** Blend in curry powder, marjoram, caraway seed, or dill. Sprinkle paprika or cayenne atop. Use as celery filling or appetizer spread.

CHEESE GUIDE

Cheese	How it looks and tastes	How to serve
American, Cheddar	Favorite all-around cheeses. Flavor varies from mild to sharp. Color ranges from natural to yellow-orange: texture firm to crumbly.	In sandwiches, casseroles, souffles, and creamy sauces. With fruit pie or crisp crackers, on a snack or dessert tray with fruit.
Blue, Gorgonzola, Roquefort	Compact, creamy cheeses with blue or blue-green mold. Sometimes crumbly. Mild to sharp flavor. (Stilton is similar, but like a blue-veined Cheddar).	Crumble in salads, salad dressings, dips. Delicious with fresh pears or apples for dessert. Blend with butter for steak topper. Spread on crackers or on crusty French or Italian bread.
Brick	Medium firm; creamy yellow color, tiny holes. Flavor very mild to medium sharp.	Good for appetizers, sandwiches, or desserts. Great with fresh peaches, cherries, or melons.
Brie (bree)	Similar to Camembert, but slightly firmer. Distinctive sharp flavor, pronounced odor.	Serve as dessert with fresh fruit. Be sure to eat the thin brown and white crust.
Camembert	Creamy yellow with thin gray-white crust. When ripe, it softens to the consistency of thick cream. Full, rich, mildly pungent.	Classic dessert cheese - serve at room temperature with fresh peaches, pears, or apples, or with toasted walnuts and crackers.
Cottage	Soft, mild, unripened cheese; large or small curd. May have cream added.	Used in salads, dips, main dishes. Popular with fresh and canned fruit.
Cream	Very mild-flavored soft cheese with buttery texture. Rich and smooth. Available whipped and in flavored spreads.	Adds richness and body to molded and frozen salads, cheesecake, dips, frostings, sandwich spreads. Serve whipped with dessert.
Edam, Gouda	Round, red-coated cheeses; creamy yellow to yellow-orange inside, firm and smooth. Mild nutlike flavor.	Bright hub for dessert or snack tray. Good in sandwiches or crunchy salads, or with crackers. Great with grapes and oranges.
Liederkranz, Limburger	Robust flavor and highly aromatic. Soft and smooth when ripe. Liederkranz is milder in flavor and golden yellow in color. Limburger is cream white.	Spread on pumpernickel, rye, or crackers. Team with apples, pears, and Tokay grapes. Serve as snack with salty pretzels and coffee.
Swiss	Firm, pale yellow cheese, with large round holes. Sweet nutlike flavor.	First choice for ham-cheese sandwiches, fondue. Good in salads, sauces, as a snack.
Process cheeses	A blend of fresh and aged natural cheeses, pasteurized and packaged. Smooth and and creamy, melts easily. May be flavored.	Ideal for cheese sauces, souffles, grilled sandwiches, in casseroles. Handy for the snack tray, too!
Mozzarella, Scamorze	Unripened. Mild-flavored and slightly firm. Creamy white to pale yellow.	Cooking cheese. A "must" for pizza, lasagne; good in toasted sandwiches, hot snacks.
Muenster (mun'stir)	Between Brick and Limburger. Mild to mellow flavor, creamy white. Medium hard, tiny holes.	Use in sandwiches or on snack or dessert tray. Good with fresh sweet cherries and melon wedges.

TERMS AND DEFINITIONS

Au gratin: Topped with crumbs and/or grated cheese and browned in the oven or under the broiler.

Au jus: Served in its own juices (particularly when speaking of roast beef).

Baste: To pour or spoon pan drippings, marinade, or cooking juices over meats while cooking to prevent drying out and to add flavor.

Bisque: A thick cream soup.

Blanch: To immerse in rapidly boiling water and allow to cook slightly; to parboil.

Boil: To heat a liquid until large bubbles break on the surface. The boiling temperature of water at sea level is 212° F (100°C). A **rolling boil** is simply a vigorous boil. The **boiling point** is reached when a liquid is heated just until it begins to form bubbles.

Bone: To remove the bones from meat, poultry, or fish, to "debone."

Braise: To brown meat, lightly coated in flour, over high heat in a small amount of fat, or under broiler, and then to simmer it in seasoned liquids in a covered pot.

Bread: To cover with fine dry bread crumbs before cooking.

Cream: To soften a fat, especially butter, by beating it at room temperature. Butter and flour or butter and sugar are often creamed together, to make a smooth, soft paste.

Crimp: To seal the edges of a two-crust pie either by pinching them at intervals with the fingers or by pressing them together with the tines of a fork.

Crudites: An assortment of raw vegetables (sliced carrots, celery, mushrooms, broccoli flowerets, cauliflower flowerets, and so on) served as an hors d'oeuvre often accompanied by a dip.

Cube: To cut into cubes 1/2 inch on a side or larger. See also **dice** and **mince.**

Curdle: To clot or coagulate (particularly when speaking of milk, cream, and such sauces as cream sauces and hollandaise).

Cut in: To combine solid fats and dry ingredients, especially shortening and flour, by chopping with two knives or with a pastry blender.

Degrease: To remove fat from the surface of stews, soups, or stock. Usually, the latter is allowed to cool in the refrigerator, so that fat hardens and is easily removed.

Dice: To cut into cubes less than 1/2 inch in size. See also **cube** and **mince.**

Dredge: To coat lightly with flour, cornmeal, etc.

Drippings: Juices and browned particles that collect in the bottom of the pan in which meat or poultry has been roasted; used to enrich and flavor sauces and gravies.

Entree: The main course.

Fillet: To debone meat or fish. A **fillet** is the resulting tenderloin of beef or piece of fish without bones.

Fines herbes: A mixture of finely minced herb, usually parsley, tarragon, chervil, and chives. Used to flavor omelets, mayonnaise, and salad dressings.

Flake: To separate into small pieces in the direction of the grain; used particularly when speaking of fish.

Fold: To incorporate a delicate substance, such as whipped cream or beaten egg whites, into another substance without releasing air bubbles. A spatula is used to gently bring part of the mixture from the bottom of the bowl to the top; the process is repeated, while slowly rotating the bowl, until the ingredients are thoroughly blended.

Fricassee: Braised meat or poultry. To cooking liquid is usually a white sauce.

Fry: Pan-fry. To cook food in hot oil or fat, usually over direct heat. The food is not stirred, but is simply cooked on one or both sides. **Deep-fat fry.** To cook food by immersing it completely in heated fat. **Stir-fry.** A Chinese method of preparing meat or vegetables by cooking very rapidly in a frying pan or wok over high heat, stirring constantly. See also **saute.**

Glaze: To cover with a glossy coating, either a concentrated stock for meats or a melted and somewhat diluted jelly for fruit desserts.

Julienne: To cut meats, vegetables, fruits, or cheeses into match-shaped slivers. See also **sliver.**

Macerate: To soak peeled fruits in a mixture of lemon juice, sugar syrup, and wine or a liqueur. (The mixture should be placed in the refrigerator and allowed to steep for at least 2 hours.)

Marinade: Usually a strong flavored liquid, cooked or uncooked, used to make meats tastier and more tender; typically made of wine, olive oil, or a combination of the two, and seasoned with carrots, onion, bay leaf, and other herbs and spices. Other popular marinades are based on soy sauce or lemon juice. A **dry marinade** is a combination of herbs and spices rubbed into meat, which is then allowed to stand before cooking. To **marinate** is to let food stand in marinade, either at room temperature or (for a longer time) in the refrigerator, before cooking. Most recipes specify the length of time to marinate; recipes can vary from 1/2 hour to overnight to a couple of days.

Meuniere: Dredged with flour and sauteed in butter.

Mince: To chop into very small pieces. See also **cube** and **dice.**

Parboil: To boil until partially cooked; to **blanch.** Usually, this procedure is followed by final cooking in a seasoned sauce.

Pare: To remove the outermost skin of a fruit or vegetable.

Plump: To soak dried fruit, most often raisins, in warm water before cooking or adding to batter.

Poach: To cook very gently in hot liquid kept just below the boiling point.

Puree: To mash foods until perfectly smooth by hand, by rubbing through a sieve or food mill, or by whirling in a blender or food processor.

Reduce: To boil down a liquid until the quantity has decreased to about half of its original volume; its flavor becomes more concentrated.

Refresh: To run cold water over food that has been parboiled, to stop the cooking process quickly.

Render: To obtain fat from small pieces of meat by heating until it melts. Sometimes called **trying out.**

Roux: Pronounced **Roo.** A mixture of flour and butter used as the base for a sauce. **White roux** is cooked briefly without browning (to make sure that the sauce will not have a raw-flour flavor); for a **brown roux,** the flour-butter mixture is allowed to brown evenly before the liquid is added.

Saute: To cook and/or brown food in a small quantity of very hot fat, stirring or turning frequently. See also **fry.**

Scald: To heat to just below the boiling point, when tiny bubbles appear at the edge of the saucepan.

Score: To cut shallow slits or lines into meat or fish, usually in a diamond pattern. As well as being decorative, scoring allows seasonings to penetrate more easily. Score the fat edge of steaks to be broiled, to keep them from curling.

Sear: To brown and seal the surface of meat quickly, in a very hot oven or in a frying pan, over high heat.

Simmer: To cook in liquid just below the boiling point. The surface of the liquid should be barely moving, broken from time to time by slowly rising bubbles.

Sliver: To cut into long thin pieces. See also **julienne.**

Steep: To let food stand in (hot) liquid to extract or to enhance flavor, like tea in hot water or poached fruits in sugar syrup.

Supreme: The breast of a fowl (usually boned).

Toss: To combine ingredients gently with a lifting motion.

Truss: To fasten the wings and legs of poultry, with skewers or string, before cooking.

VEGETABLE TIME TABLE

Asparagus Tips:	Boiled	10-15 minutes
Artichokes, French:	Boiled	40 minutes
	Steamed	45-60 minutes
Bean, Lima, depending on age:	Boiled	20-40 minutes
	Steamed	60 minutes
Bean, String:	Boiled	15-35 minutes
	Steamed	60 minutes
Beets, young with skins on:	Boiled	30 minutes
	Steamed	60 minutes
	Baked	70-90 minutes
Beets, old:	Boiled or Steamed	1-2 hours
Broccoli, flowerets:	Boiled	5-10 minutes
Broccoli, stems:	Boiled	20-30 minutes
Brussel Sprouts:	Boiled	20-30 minutes
Cabbage, chopped, cut sectional:	Boiled	10-20 minutes
	Steamed	25 minutes
Cauliflower, stem down, whole:	Boiled	20-30 minutes
Cauliflower, flowerets:	Boiled	8-10 minutes
Carrots, cut across:	Boiled	20-30 minutes
	Steamed	40 minutes
Celery, cut in lengths 1/2 inch:	Boiled	20-30 minutes
	Steamed	45 minutes
Corn, green, tender:	Boiled	5-10 minutes
	Steamed	15 minutes
	Baked	20 minutes
Corn on the Cob:	Boiled	8-10 minutes
	Steamed	15 minutes
Eggplant, whole:	Boiled	30 minutes
	Steamed	40 minutes
	Baked	45 minutes
Onions:	Boiled	25-40 minutes
	Steamed or Baked	60 minutes
Parsnips:	Boiled	25-40 minutes
	Steamed	60 minutes
	Baked	60-75 minutes
Peas, green:	Boiled or Steamed	5-15 minutes
Peppers:	Boiled	20-30 minutes
	Steamed or Baked	30 minutes
Potatoes, depending on size:	Boiled	20-40 minutes
	Steamed	60 minutes
	Baked	45-60 minutes
Potatoes, sweet:	Boiled or Steamed	40 minutes
	Baked	45-60 minutes
Scalloped potatoes:	Baked	60-90 minutes
Pumpkin in cubes:	Boiled	30 minutes
	Steamed	45 minutes
	Baked	60 minutes
Spinach:	Boiled	8-10 minutes
	Steamed	20 minutes
Squash in cubes:	Boiled	20-40 minutes
	Steamed	50 minutes
	Baked	60 minutes
Tomatoes, depending on size:	Boiled	5-15 minutes
	Steamed	50 minutes
	Baked	15-20 minutes
Turnips, depending on size:	Boiled	25-40 minutes

BUYING GUIDE
Fresh Vegetables and Fruits

Experience is the best teacher in choosing quality but here are a few pointers on buying some of the fruits and vegetables.

Asparagus: Stalks should be tender and firm, tips should be close and compact. Choose the stalks with very little white - they are more tender. Use asparagus soon - it toughens rapidly.

Beans, Snap: Those with small seeds inside the pods are best. Avoid beans with dry-looking pods.

Berries: Select plump, solid berries with good color. Avoid stained containers, indicating wet or leaky berries. Berries such as blackberries and raspberries with clinging caps may be underripe. Strawberries without caps may be too ripe.

Broccoli, Brussel Sprouts, and Cauliflower: Flower clusters on broccoli and cauliflower should be tight and close together. Brussels sprouts should be firm and compact. Smudgy, dirty spots may indicate insects.

Cabbage and Head Lettuce: Choose heads heavy for size. Avoid cabbage with worm holes, lettuce with discoloration or soft rot.

Cucumbers: Choose long, slender cucumbers for best quality. May be dark or medium green but yellowed ones are undesirable.

Melons: In cantaloupes, thick close netting on the rind indicates best quality. Cantaloupes are ripe when the stem scar is smooth and space between the netting is yellow or yellow-green. They are best when fully ripe with fruity odor.

Honeydews are ripe when rind has creamy to yellowish color and velvety texture. Immature honeydews are whitish-green.

Ripe watermelons have some yellow color on one side. If melons are white or pale green on one side, they are not ripe.

Oranges, Grapefruit, and Lemons: Choose those heavy for their size. Smoother, thinner skins usually indicate more juice. Most skin markings do not affect quality. Orange with a slight greenish tinge may be just as ripe as fully colored ones. Light or greenish-yellow lemons are more tart than deep yellow ones. Avoid citrus fruits showing withered, sunken, or soft areas.

Peas and Lima Beans: Select pods that are well-filled but not bulging. Avoid dried, spotted, yellowed, or flabby pods.

TABLE FOR DRIED FRUITS

Fruit	Cooking Time	Amount of Sugar or Honey
Apricots	About 40 minutes	1/4 c. for each c. fruit
Figs	About 30 minutes	1 T. for each c. fruit
Peaches	About 45 minutes	1/4 c. for each c. fruit
Prunes	About 45 minutes	2 T. for each c. fruit

TEMPERATURES IN CANDY MAKING

BOILED FROSTINGS

1 egg white to 1 c. sugar . . . . . .238-242 degrees, soft ball or thread
2 egg whites to 1 c. sugar . . . . . .244-248 degrees, soft ball or thread
3 egg whites to 1 c. sugar . . . . . .254-260 degrees, firm ball or long thread

CANDY THERMOMETER HINTS

To check candy thermometer accuracy, let stand 10 minutes in boiling water. Thermometer should read 212 degrees; if there is any variation, subtract or add to make the same degree of allowance in testing candy.

Thread . . . . . .230-234 degrees
Soft ball . . . . . .234-238 degrees
Medium ball . . . . . .238-244 degrees
Firm ball . . . . . .244-248 degrees
Hard ball . . . . . .248-254 degrees
Very hard ball . . . . . .254-265 degrees
Light crack . . . . . .265-285 degrees
Hard crack . . . . . .290-300 degrees
Caramelized sugar . . . . . .310-338 degrees

Fudge, opera creams, penuche and cream candies	234-236 degrees, soft ball
Fondants (mints, etc.)	238-240 degrees, soft ball
Marshmallows	238-240 degrees, medium ball
Caramel mixtures	246-252 degrees, firm ball
Taffies	265-270 degrees, hard ball
Butterscotch	290-300 degrees, crack
Brittles	300-310 degrees, hard crack

In using the cold water test, use a fresh cupful of cold water for each test. When testing, remove the candy from the fire and pour about 1/2 teaspoon of candy into the cold water. Pick the candy up in the fingers and roll into a ball if possible.

In the **SOFT BALL TEST** the candy will roll into a soft ball which quickly loses its shape when removed from the water.

In the **FIRM BALL TEST** the candy will roll into a firm but not hard ball. It will flatten out a few minutes after being removed from water.

In the **HARD BALL TEST** the candy will roll into a hard ball which has lost almost all plasticity and will roll around on a plate on removal from the water.

In the **LIGHT CRACK TEST** the candy will form brittle threads which will soften on removal from the water.

In the **HARD CRACK TEST** the candy will form brittle threads in the water which will remain brittle after being removed from the water.

In **CARAMELIZING,** the sugar first melts then becomes a golden brown. It will form a hard brittle ball in cold water.

MICROWAVE HINTS

1. Place on open box of hardened brown sugar in the microwave oven with 1 cup hot water. Microwave at high for 1 1/2 to 2 minutes for 1/2 pound or 2 to 3 minutes for 1 pound.
2. Soften hard ice cream by microwaving at 30% power. One pint will take 15 to 30 seconds; one quart, 30-45 seconds; and one-half gallon 45 seconds to one minute.
3. One stick of butter or margarine will soften in 1 minute when microwaved at 20% power.
4. Soften one 8-ounce package of cream cheese by microwaving at 30% power for 2 to 2 1/2 minutes. One 3-ounce package of cream cheese will soften in 1 1/2 to 2 minutes.
5. Thaw frozen orange juice right in the container. Remove the top metal lid. Place the opened container in the microwave and heat on high power 30 seconds for 6 ounces and 45 seconds for 12 ounces.
6. Thaw whipped topping...a 4 1/2 ounce carton will thaw in 1 minute on the defrost setting. Whipped topping should be slightly firm in the center but it will blend well when stirred. Do not overthaw!
7. Soften Jello that has set up too hard—perhaps you were to chill it until slightly thickened and forgot it. Heat on a low power setting for a very short time.
8. Heat hot packs in a microwave oven. A wet finger tip towel will take about 25 seconds. It depends on the temperature of the water used to wet the towel.
9. To scald milk, cook 1 cup milk for 2 to 2 1/2 minutes, stirring once each minute.
10. To make dry bread crumbs, cut 6 slices bread into 1/2-inch cubes. Microwave in 3-quart casserole 6-7 minutes, or until dry, stirring after 3 minutes. Crush in blender.
11. Refresh stale potato chips, crackers or other snacks of such type by putting a plateful in the microwave oven for about 30-45 seconds. Let stand for 1 minute to crisp. Cereals can also be crisped.
12. Nuts will be easier to shell if you place 2 cups of nuts in a 1-quart casserole with 1 cup of water. Cook for 4 to 5 minutes and the nutmeats will slip out whole after cracking the shell.
13. For stamp collectors: place a few drops of water on stamp to be removed from envelope. Heat in the microwave for 20 seconds and the stamp will come right off.
14. Using a round dish instead of a square one eliminates overcooked corners in baking cakes.
15. When preparing chicken in a dish, place meaty pieces around the edges and the boney pieces in the center of the dish.
16. Shaping meatloaf into a ring eliminates undercooked center. A glass set in the center of a dish can serve as the mold.
17. Treat fresh meat cuts for 15 to 20 seconds on high in the microwave oven. This cuts down meat-spoiling types of bacteria.
18. A crusty coating of chopped walnuts surrounding many microwave-cooked cakes and quick breads enhances the looks and eating quality. Sprinkle a layer of medium, finely-chopped walnuts evenly onto the bottom and sides of a ring pan or bundt cake pan. Pour in batter and microwave as recipe directs.
19. Do not salt foods on the surface as it causes dehydration (meats and vegetables) and toughens the food. Salt the meat after you remove it from the oven unless the recipe calls for using salt in the mixture.
20. Heat left-over custard and use it as frosting for a cake.
21. Melt marshmallow creme in the microwave oven. Half of a 7-ounce jar will melt in 35-40 seconds on high. Stir to blend.
22. Toast coconut in the microwave. Watch closely as it browns quickly once it begins to brown. Spread 1/2 cup coconut in a pie plate and cook for 3-4 minutes, stirring every 30 seconds after 2 minutes.

TABLE OF CALORIES

BEVERAGES

Apple juice, 6 oz. 90
Beer, 8 oz. 100-115
Cola type, 12 oz. 115
Cranberry juice, 6 oz. 115
Gin, whiskey, 1 1/2 oz.
vodka (86 proof) 105
(80 proof) 95
Ginger ale, 12 oz. 115
Grape juice (prepared from
frozen concentrate), 6 oz. 142
Lemonade (prepared from
frozen concentrate), 6 oz. 85
Milk
protein fortified, 1 c. 105
skim, 1 c. 90
whole, 1 c. 160
Orange juice, 6 oz. 85
Pineapple juice (unsweetened), 6 oz. . . .95
Root beer, 12 oz. 150
Sherry (dry), 3 oz. 110
Tonic (quinine water), 12 oz. 132
Wine (table), 3 1/2 oz. 85

BREAD

Muffins
blueberry, 1 muffin 110
corn, 1 muffin 125
English, 1 muffin 280
Pumpernickel, 1 slice. 75
Rye, 1 slice 60
White, 1 slice 60-70
Whole wheat, 1 slice. 55-65

BUTTER OR MARGARINE, 1 T. 100

CEREALS

Cornflakes (plain), 1 c. 96
Granola (plain), 1/2 c. 240
Oatmeal (cooked), 1/2 c. 75
Shredded wheat, 1 c. 146

CHEESE

American, 1 oz. 105
Camembert, 1 oz. 85
Cheddar, 1 oz. 115
Cottage (creamed), 1 oz. 30
Cottage (uncreamed), 1 oz. 21
Farmer's, 1 oz. 100
Mozzarella (whole-milk), 1 oz. 90
Parmesan, 1 oz. 130
Ricotta, 1 oz. 50
Roquefort or blue, 1 oz. 105
Swiss, 1 oz. 105

CHOCOLATE

Milk chocolate, 1 oz. 145-155
Hot, with milk, 1 c. 277

CRACKERS

Graham, 1 cracker 15-30
Rye Crisp, 1 cracker 35
Saltine, 1 cracker. 17-20
Wheat Thins, 1 cracker 9

CREAM

Light, 1 T. 30
Heavy, 1 T. 55
Sour, 1 T. 45

EGGS

Fried, 1 large 100
Poached or boiled, 1 large 75-80
Scrambled or in omelet, 1 large . . .110-130

FISH AND SEAFOOD

Bluefish baked with fat, 3 oz. 135
Clams (medium), raw, 6 clams 96
Crabmeat, cooked, 3 oz. 80
Salmon, broiled or baked, 3 oz. 155
Sardines canned in oil, 3 oz. 170
Scallops, steamed, 3 oz. 96
Shrimp, cooked, 3 oz. 100
Tuna fish,
canned in oil (drained), 3 oz. 170
Tuna fish,
canned in water (drained), 3 oz. 110

Table of Calories Cont'd.

FRUITS

Apple, 1 medium 80-100
Applesauce, sweetened, 1/2 c. 90-115
Applesauce, unsweetened, 1/2 c. 50
Banana, 1 medium 90
Cantaloupe melon, 1/2 c. 24
Cherries (pitted), raw, 1/2 c. 40
Grapefruit, 1/2 medium 60-70
Grapes (American type: Concord, Delaware, Niagara, Catawba, Scuppernong), 1/2 c. 35
Grapes (European type: Malaga, Muscat, Thompson seedless, Flame, Tokay), 1/2 c. 55
Honeydew melon, 1/2 c. 55
Mangoes, 1 medium 90
Oranges, 1 medium 65-75
Peaches, 1 medium 40
Pears, 1 medium 60-100
Pineapple, fresh, uncooked, 1/2 c. 40
Pineapple canned in syrup, 1/2 c. 95
Plums, 1 medium 30
Strawberries, fresh, 1/2 c. 30
Strawberries, frozen and sweetened, 1/2 c. 120-140
Tangerines, 1 large 39
Watermelon, 1/2 c. 42

LUNCHEON MEATS (PACKAGED)

Bologna, 1 slice (1 oz.) 75-95
Corned beef, 1 slice (1 oz.) 55-75
Frankfurter, 2 oz. 120-190
Liverwurst, 1 oz. 90
Pastrami, 1 slice (1 oz.) 40
Pepperoni, 1 slice (1 oz.) 140
Salami, 1 slice (1 oz.) 85-125

MEATS AND POULTRY

Beef, ground (lean), 3 oz. 185
Beef, ground (regular), 3 oz. 243
Beef, roast, 3 oz. .....200-375 (depending on fat content)
Chicken, broiled, 3 oz. 115
Lamb chop (lean), 3 oz. 200-300
Pork chop (lean), 3 oz. 225-325
Sirloin steak, 3 oz. 300-330
Sirloin steak (lean only), 3 oz. 175
Turkey, dark meat, 3 oz. 175
Turkey, white meat, 3 oz. 150
Veal cutlet, 3 oz. 185
Veal, roast, 3 oz. 230

NUTS

Almonds, 2 T. 105
Cashews, 2 T. 100
Peanuts, 2 T. 105
Peanut butter, 1 T. 95
Pecans, 2 T. 95
Pistachios, 2 T. 92
Walnuts, 2 T. 80

PASTA

Macaroni or spaghetti, 3/4 c. cooked 115

SALAD DRESSINGS

Blue cheese, 1 T. 70
French, 1 T. 65
Italian, 1 T. 80
Mayonnaise, 1 T. 100
Olive oil, 1 T. 124
Russian, 1 T. 70
Salad oil, 1 T. 120

SOUPS

Bean, 1 c. 130-180
Bouillon and consomme, 1 c. 30
Chicken noodle, 1 c. 60-80
Chicken with rice, 1 c. 50
Manhattan clam chowder, 1 c. 80
Minestrone, 1 c. 80-150
New England clam chowder, 1 c. 135
Split plea, 1 c. 145-170
Tomato with milk, 1 c. 170
Vegetable, 1 c. 80-100

VEGETABLES

Broccoli, cooked, 1/2 c. 25
Cabbage, cooked, 1/2 c. 15-20
Carrots, cooked, 1/2 c. 25-30
Cauliflower, 1/2 c. 10-15
Corn (kernels), 1/2 c. 70
Lettuce, shredded, 1/2 c. 5
Mushrooms, canned, 1/2 c. 20
Onions, cooked, 1/2 c. 30
Peas, green, cooked, 1/2 c. 60
Potato
- baked, 1 medium 90
- chips, 8-10 100
- mashed, with milk and butter, 1 c. 200-230

Tomato
- raw, 1 medium 25
- cooked, 1/2 c. 30

YOGURT

Made with whole milk, 1 c. 150-165
Made with partially skimmed milk, 1 c. 125

FOOD QUANTITIES FOR SERVING 25, 50, AND 100 PEOPLE

FOOD	25 SERVINGS	50 SERVINGS	100 SERVINGS
Sandwiches:			
Bread	50 slices or 3 1-lb. loaves	100 slices or 6 1-lb. loaves	200 slices or 12 1-lb. loaves
Butter	1/2 pound	3/4 to 1 pound	1 1/2 pounds
Mayonnaise	1 cup	2 to 3 cups	4 to 6 cups
Mixed Filling (meat, eggs, fish)	1 1/2 quarts	2 1/2 to 3 quarts	5 to 6 quarts
Mixed Filling (sweet-fruit)	1 quart	1 3/4 to 2 quarts	2 1/2 to 4 quarts
Lettuce	1 1/2 heads	2 1/2 to 3 heads	5 to 6 heads
Meat, Poultry, or Fish:			
Wieners (beef)	6 1/2 pounds	13 pounds	25 pounds
Hamburger	9 pounds	18 pounds	35 pounds
Turkey or chicken	13 pounds	25 to 35 pounds	50 to 75 pounds
Fish, large whole (round)	13 pounds	25 pounds	50 pounds
Fish fillets or steaks	7 1/2 pounds	15 pounds	30 pounds
Salads, Casseroles:			
Potato Salad	4 1/4 quarts	2 1/4 gallons	4 1/2 gallons
Scalloped Potatoes	4 1/2 quarts or 1 12 x 20" pan	8 1/2 quarts	17 quarts
Spaghetti	1 1/4 gallons	2 1/2 gallons	5 gallons
Baked Beans	3/4 gallon	1 1/4 gallons	2 1/2 gallons
Jello Salad	3/4 gallon	1 1/4 gallons	2 1/2 gallons
Ice Cream:			
Brick	3 1/4 quarts	6 1/2 quarts	12 1/2 quarts
Bulk	2 1/4 quarts	4 1/2 quarts or 1 1/4 gallons	9 quarts or 2 1/2 gallons
Beverages:			
Coffee	1/2 pound and 1 1/2 gal. water	1 pound and 3 gal. water	2 pounds and 6 gal. water
Tea	1/12 pound and 1 1/2 gal. water	1/6 pound and 3 gal. water	1/3 pound and 6 gal. water
Lemonade	10 to 15 lemons, 1 1/2 gal. water	20 to 30 lemons, 3 gal. water	40 to 60 lemons, 6 gal. water
Desserts:			
Watermelon	37 1/2 pounds	75 pounds	150 pounds
Cake	1 10 x 12" sheet cake or 1 1/2 10" layer cakes	1 12 x 20" sheet cake or 3 10" layer cakes	2 12 x 20" sheet cakes or 6 10" layer cakes
Whipping Cream	3/4 pint	1 1/2 to 2 pints	3 pints

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